

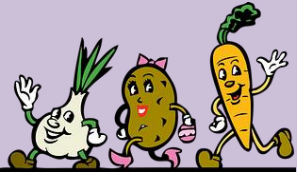


Serenity School Student Menu



Week 3



Day	Meat Option	Vegetarian Option	Side Dish
Monday	Chicken Fajitas (with Chicken) Ingredients: chicken, peppers, tortilla wrap] [G]	Vegetarian Fajitas Ingredients: Peppers, Onions, Mushrooms, tortilla wrap [G]	White rice (oil, mixed spices, salt & pepper) + Salsa
Tuesday 	Beef Meatballs Ingredients: (Beef, Tomato Sauce, Herbs, Tomato) [G, C,]	Veggie Meatballs Ingredients: Vegetable balls, herbs + mixed spices [G, C]	Pasta + Salad [G]
Wednesday	BBQ Chicken Ingredients: Chicken, BBQ Sauce, [C, M]	BBQ Veggie Bake Ingredients: Vegetables, BBQ sauce, [C, M]	White rice (oil, mixed spices, salt & pepper) + Coleslaw [E, D, M]
Thursday	Chicken & Rice Bake Ingredients: (Chicken, rice, cream sauce) [D]	Veggie Bake Ingredients: (Vegetables, Rice, Cream sauce) [D]	Broccoli + Carrots
Friday 	Cheese & Tomato Pizza Ingredients: Pizza base (wheat flour), tomato sauce, cheese, paprika, salt, garlic, oregano [G, D]	Mixed Vegetable Pizza Ingredients: Wheat flour, tomato sauce, mixed herbs, bell pepper, courgette, red onion, mozzarella cheese [G, D]	Chips (oil, mixed spices, salt & pepper) + Salad 

Allergens Key:

G = Gluten (wheat, pasta, bread)

D = Dairy (milk, cheese, cream)

E = Egg

S = Soya

C = Celery

M = Mustard

F = Fish