**ESSENCE CATERING MENU FOR WILLEN SCHOOL (EARLY YEARS)**

ALL ENQUIRIES TEL: 07584 079011 or 07867 426397

WEB: [www.essence-catering.co.uk](http://www.essence-catering.co.uk) EMAIL: enquiriesessence@gmail.com

**WE PROVIDE A SELECTION OF FRESH FRUIT, SALADS, VEGETABLES, BREAD DAILY.**

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| MENU 14/1/211/2/21 | MEAT FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FISH FRIDAY |
| 1 | SPAGHETTI SERVED WITHHOMEMADE MARINARASAUCE & GARLIC BREAD | HOMEMADE BEEF & BAKED BEAN COWBOY PIEAND PEAS | ROAST CHICKENROAST POTATOESMIXED VEG & GRAVY | CHEESE & TOMATO PIZZAHERBY DICEDSWEETCORN | LOW FAT OVEN BAKED FISHCHIPSPEAS & KETHCUP |
| 2 | JACKET POTAO WITHA CHOICE OF FILLINGS | HOMEMADE VEGETABLE HOTPOTPEAS | VEGETABLE GRILLROAST POTATOESMIXED VEG & GRAVY | JACKET POTATO WITHA CHOICE OF FILLINGS | CRUSTLESS VEG QUICHECHIPSPEA & KETHCUP |
| 5 | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH |
| 6 | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH |
| DESSERT | BIG FRESH FRUIT DAY | LOW SUGAR SPONGE CAKE  | BIG FRESH FRUIT DAY | HOMEMADE NO ADDED SUGAR FRUIT COOKIE |  FRUIT COCKTAIL  |

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| MENU 211/1/218/2/21 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FISH FRIDAY |
| 1 | HOMEMADE BEEF PASTA BOLOGNESE | HOMEMADECHICKEN CURRYPITTA BREAD | PORK TOAD IN HOLEMASH POTATOPEAS & GRAVY | CHEESE & TOMATO PIZZAFRESH SALADGARLIC BREAD | LOW FAT OVEN BAKED FISHFRENCH FRIESPEAS & SWEETCORN |
| 2 | HOMEMADE VEGETABLEPASTA BOLOGNESE | JACKET POTATO WITHA CHOICE OF FILLINGS | HOMEMADE VEGGIE ROLLMASH POTATO & PEAS | JACKET POTATO WITHA CHOICE OF FILLINGS | HOMEMADE VEGETABLE PASTIEFRENCH FRIESPEAS & SWEETCORN |
| 5 | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH |
| 6 | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH |
| DESSERT | BIG FRESH FRUIT DAY  | VEGETARIAN JELLY | BIG FRESH FRUIT DAY | HOMEMADE NO ADDED SUGAR COOKIE | LOW FAT FRUIT YOGHURT POT |

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| MENU 318/1/21 | MEAT FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FISH FRIDAY |
| 1 | HOMEMADE ITALIAN TOMATO & BASIL PASTA BAKE GARLIC BREAD  | BEEF BURGER IN BUNHERBY DICED POTATOESPEAS & KETCHUP | ROAST CHICKENROAST POTATOESMIXED VEG & GRAVY | CHEESE & TOMATO PIZZASALAD & CORN ON THE COB | LOW FAT OVEN BAKED  FISHWEDGESPEAS |
| 2 | JACKET POTATO WITHA CHOICE OF FILLINGS | VEG BURGER IN BUNWEDGESPEAS & KETCHUP | CAULIFLOWER / BROCCOLI CHEESE ROAST POTATOESMIXED VEG & GRAVY | JACKET POTATO WITHA CHOICE OF FILLINGS | VEGETABLE FINGERSCHIPS & PEAS |
| 5 | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH |
| 6 | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH |
| DESSERT | BIG FRESH FRUIT DAY | LOW FAT CHOCOLATE BROWNIE | BIG FRESH FRUIT DAY | HOMEMADE NO ADDED SUGAR FRUIT COOKIE | FRUIT COCKTAIL |

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| MENU 425/1/21 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FISH FRIDAY |
| 1 | TOMATO & BASIL PASTA BAKESERVED WITH SWEETCORN | PORK HOTDOGOVEN BAKED POTATO WAFFLEPEAS & KETCHUP | ROAST CHICKEN YORKSHIREROAST POTATOESMIXED VEG & GRAVY | CHEESE & TOMATO PIZZAFRESH SALADGARLIC BREAD | LOW FAT OVEN BAKED FISH CAKEMASH POTATOBEANS/PEAS |
| 2 | JACKET POTATO WITHA CHOICE OF FILLINGS | ITALIAN STYLE CHEESE& TOMATO PANINI POTATO WAFFLE & PEAS | HOMEMADE VEG GRILLROAST POTATOESMIXED VEG | JACKET POTATO WITHA CHOICE OF FILLINGS | CHEESE & ONION LATTICEMASH POTATOBEANS/PEAS |
| 5 | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH | CHEESE PACKED LUNCH |
| 6 | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH | HAM PACKED LUNCH |
| DESSERT | BIG FRESH FRUIT DAY | ORCHARD FRUIT SPONGE & LOW SUGAR CUSTARD | BIG FRESH FRUIT DAY | HOMEMADE NO ADDED SUGAR COOKIE | LOW FAT FRUIT YOGHURT POT |

**PLEASE NOTE WE DO NOT SERVE HALAL MEAT PLEASE CHOOSE ONE OF THE VEGETARIAN MEALS.**

**PACKED LUNCH CONTAIN A FILLED SANDWICH OR BREAD ROLL A PACKET OF CRISPS & A FRESH PIECE OF FRUIT & A SNACK OR A POT OF YOGHURT.**

**PLEASE NOTE THE MENU MAY BE SUBJECT TO CHANGE**

**ESSENCE CATERING ORDER FORM FOR WILLEN SCHOOL (EARLY YEARS)**

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NAME ……………………………………………………… CLASS……………………………….

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| Week 1DATE: 4-8 Jan | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  |  |  |  |  |

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| Week 5DATE: 1-5 Feb | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  |  |  |  |  |

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| Week 2DATE: 11-15 Jan | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  |  |  |  |  |

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| Week 6DATE: 8-12 Feb | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  |  |  |  |  |

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| Week 3DATE:18-22 Jan | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  |  |  |  |  |

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| Week 4DATE: 25-29 Jan | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  |  |  |  |  |

**PLEASE NOTE: WE DO NOT SERVE HALAL MEAT. PLEASE CHOOSE ONE OF THE VEGETARIAN MEALS.**

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| ALLERGY INFORMATIONMUST PROVIDE DOCTORS NOTE | DIETARY INFORMATIONVEGETARIAN/PESCATERIAN/VEGANNO PORK /NO BEEF/HALAL ETC | CONTACT DETAILS |
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| **Notes for parents**Please complete the attached order form and return one full week in advance. Please complete the whole order form for the whole half term- you can still pay weekly. All cancellations to be notified by 9.30am.If your order is late please ring Essence Catering office direct on 07584 079011 or 07867 426397**Remember to fill out your child’s full name and class clearly and write a numbered choice on the form without this information we will not be able to process your order.****Please make a copy of your order form on your phone, calendar or photograph it**. If you wish to amend your order placed please contact us on the office numbers above.  |