**ESSENCE CATERING MENU FOR WILLEN SCHOOL (YEAR 3)**

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 | YEAR 3 TO CHOOSEPACKED LUNCH OPTION5 OR 6 | ROAST CHICKENROAST POTATOESMIXED VEG & GRAVY | CHEESE & TOMATO PIZZAHERBY DICEDSWEETCORN | LOW FAT OVEN BAKED FISHCHIPSPEAS & KETHCUP |
| 2 | JACKET POTAO WITHA CHOICE OF FILLINGS | 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 |  | 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 | YEAR 3 TO CHOOSEPACKED LUNCH OPTION5 OR 6 | PORK TOAD IN HOLEMASH POTATOPEAS & GRAVY | CHEESE & TOMATO PIZZAFRESH SALADGARLIC BREAD | LOW FAT OVEN BAKED FISHFRENCH FRIESPEAS & SWEETCORN |
| 2 | HOMEMADE VEGETABLEPASTA BOLOGNESE | 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  |  | 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  | YEAR 3 TO CHOOSEPACKED LUNCH OPTION5 OR 6 | ROAST CHICKENROAST POTATOESMIXED VEG & GRAVY | CHEESE & TOMATO PIZZASALAD & CORN ON THE COB | LOW FAT OVEN BAKED  FISHWEDGESPEAS |
| 2 | JACKET POTATO WITHA CHOICE OF FILLINGS | 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 |  | 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 | YEAR 3 TO CHOOSEPACKED LUNCH OPTION5 OR 6 | 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 | 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 |  | 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 (YEAR 3)**

ALL ENQUIRIES TEL: 07584 079011 or 07867 426397

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

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

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| ENITLED TO FREE  YES NO | CASHTOTAL ENCLOSED: | CHEQUE NUMBER: CHEQUE AMOUNT:(NO CHEQUES UNDER £10) | BACS PAYMENT DATE:BACS REF:WPBACS AMOUNT: |

**COST OF LUNCHES £2.30 PER MEAL OR £11.50 PER WEEK.**

**PAYING BY BACS: ACCOUNT NAME: ESSENCE CATERING ACCOUNT NUMBER: 03478807 SORT CODE: 20-57-40**

**PLEASE REMEMBER TO PUT A BACS (WP CHILD’S NAME) REFERENCE SO WE CAN TRACE YOUR PAYMENT**

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| Week 1DATE: 4-8 Jan | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  | 5 or 6 |  |  |  |

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| Week 5DATE: 1-5 Feb | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  | 5 or 6 |  |  |  |

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| Week 2DATE: 11-15 Jan | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  | 5 or 6 |  |  |  |

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| Week 6DATE: 8-12 Feb | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  | 5 or 6 |  |  |  |

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| Week 3DATE:18-22 Jan | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  | 5 or 6 |  |  |  |

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| Week 4DATE: 25-29 Jan | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  | 5 or 6 |  |  |  |

**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.  |