**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](mailto:enquiriesessence@gmail.com)

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

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| MENU 1  4/1/21  1/2/21 | MEAT FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FISH FRIDAY |
| 1 | SPAGHETTI SERVED WITH  HOMEMADE MARINARA  SAUCE & GARLIC BREAD | YEAR 3 TO CHOOSE  PACKED LUNCH OPTION  5 OR 6 | ROAST CHICKEN  ROAST POTATOES  MIXED VEG & GRAVY | CHEESE & TOMATO PIZZA  HERBY DICED  SWEETCORN | LOW FAT OVEN BAKED FISH  CHIPS  PEAS & KETHCUP |
| 2 | JACKET POTAO WITH  A CHOICE OF FILLINGS | VEGETABLE GRILL  ROAST POTATOES  MIXED VEG & GRAVY | JACKET POTATO WITH  A CHOICE OF FILLINGS | CRUSTLESS VEG QUICHE  CHIPS  PEA & 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 2  11/1/21  8/2/21 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FISH FRIDAY |
| 1 | HOMEMADE BEEF  PASTA BOLOGNESE | YEAR 3 TO CHOOSE  PACKED LUNCH OPTION  5 OR 6 | PORK TOAD IN HOLE  MASH POTATO  PEAS & GRAVY | CHEESE & TOMATO PIZZA  FRESH SALAD  GARLIC BREAD | LOW FAT OVEN BAKED FISH  FRENCH FRIES  PEAS & SWEETCORN |
| 2 | HOMEMADE VEGETABLE  PASTA BOLOGNESE | HOMEMADE  VEGGIE ROLL  MASH POTATO & PEAS | JACKET POTATO WITH  A CHOICE OF FILLINGS | HOMEMADE VEGETABLE PASTIE  FRENCH FRIES  PEAS & 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 3  18/1/21 | MEAT FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FISH FRIDAY |
| 1 | HOMEMADE ITALIAN  TOMATO & BASIL PASTA  BAKE GARLIC BREAD | YEAR 3 TO CHOOSE  PACKED LUNCH OPTION  5 OR 6 | ROAST CHICKEN  ROAST POTATOES  MIXED VEG & GRAVY | CHEESE & TOMATO PIZZA  SALAD & CORN ON THE COB | LOW FAT OVEN BAKED  FISH  WEDGES  PEAS |
| 2 | JACKET POTATO WITH  A CHOICE OF FILLINGS | CAULIFLOWER / BROCCOLI CHEESE ROAST POTATOES  MIXED VEG & GRAVY | JACKET POTATO WITH  A CHOICE OF FILLINGS | VEGETABLE FINGERS  CHIPS & 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 4  25/1/21 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FISH FRIDAY |
| 1 | TOMATO & BASIL PASTA BAKE  SERVED WITH SWEETCORN | YEAR 3 TO CHOOSE  PACKED LUNCH OPTION  5 OR 6 | ROAST CHICKEN YORKSHIRE  ROAST POTATOES  MIXED VEG & GRAVY | CHEESE & TOMATO PIZZA  FRESH SALAD  GARLIC BREAD | LOW FAT OVEN BAKED FISH CAKE  MASH POTATO  BEANS/PEAS |
| 2 | JACKET POTATO WITH  A CHOICE OF FILLINGS | HOMEMADE VEG GRILL  ROAST POTATOES  MIXED VEG | JACKET POTATO WITH  A CHOICE OF FILLINGS | CHEESE & ONION LATTICE  MASH POTATO  BEANS/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](mailto:enquiriesessence@gmail.com)

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

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| ENITLED TO FREE  YES NO | CASH  TOTAL ENCLOSED: | CHEQUE NUMBER:  CHEQUE AMOUNT:  (NO CHEQUES UNDER £10) | BACS PAYMENT DATE:  BACS REF:WP  BACS 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 1  DATE: 4-8 Jan | MON | TUE | WED | THU | FRI |
| CHOICE NUMBER |  | 5 or 6 |  |  |  |

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

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

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

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

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| Week 4  DATE: 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 INFORMATION  MUST PROVIDE DOCTORS NOTE | DIETARY INFORMATION  VEGETARIAN/PESCATERIAN/VEGAN  NO 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. |