

## 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.**

MENU 1 12/4/21 10/5/21	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FISH FRIDAY
1	SPAGHETTI SERVED WITH HOMEMADE MARINARA SAUCE GARLIC BREAD & VEG	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	MACARONI CHEESE GARLIC BREAD & VEG		VEGETABLE GRILL ROAST POTATOES MIXED VEG & GRAVY	AS ABOVE	CRUSTLESS VEG QUICHE CHIPS PEA & KETHCUP
3	JACKET POTAO WITH A CHOICE OF FILLINGS		JACKET POTAO WITH A CHOICE OF FILLINGS	JACKET POTAO WITH A CHOICE OF FILLINGS	JACKET POTAO WITH A CHOICE OF FILLINGS
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

MENU 2 19/4/21 17/5/21	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FISH FRIDAY
1	HOMEMADE BEEF PASTA BOLOGNESE GARLIC BREAD & SWEETCORN	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 GARLIC BREAD & SWEETCORN		HOMEMADE VEGGIE ROLL MASH POTATO & PEAS	AS ABOVE	HOMEMADE VEGETABLE PASTIE FRENCH FRIES PEAS & SWEETCORN
3	JACKET POTATO WITH A CHOICE OF FILLINGS		JACKET POTATO WITH A CHOICE OF FILLINGS	JACKET POTATO WITH A CHOICE OF FILLINGS	JACKET POTATO WITH A CHOICE OF FILLINGS
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

MENU 3 26/4/21 24/5/21	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FISH FRIDAY
1	HOMEMADE ITALIAN TOMATO & BASIL PASTA BAKE GARLIC BREAD & SWEETCORN	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	MACARONI CHEESE GARLIC BREAD & SWEETCORN		CAULIFLOWER / BROCCOLI CHEESE ROAST POTATOES MIXED VEG & GRAVY	AS ABOVE	VEGETABLE FINGERS CHIPS & PEAS
3	JACKET POTATO WITH A CHOICE OF FILLINGS		JACKET POTATO WITH A CHOICE OF FILLINGS	JACKET POTATO WITH A CHOICE OF FILLINGS	JACKET POTATO WITH A CHOICE OF FILLINGS
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

MENU 4 3/5/21	MEAT FREE 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	AS ABOVE		HOMEMADE VEG GRILL ROAST POTATOES MIXED VEG	AS ABOVE	CHEESE & ONION LATTICE MASH POTATO BEANS/PEAS
3	JACKET POTATO WITH A CHOICE OF FILLINGS		JACKET POTATO WITH A CHOICE OF FILLINGS	JACKET POTATO WITH A CHOICE OF FILLINGS	JACKET POTATO WITH A CHOICE OF FILLINGS
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.....

<u>ENTITLED TO FREE</u> YES    NO	<u>CASH</u> <u>TOTAL ENCLOSED:</u>	<u>CHEQUE NUMBER:</u> <u>CHEQUE AMOUNT:</u> <u>(NO CHEQUES UNDER £10)</u>	<u>BACS PAYMENT DATE:</u> <u>BACS REF:WP</u> <u>BACS AMOUNT:</u>
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**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**

Week 1 DATE:12-16 APRIL	MON	TUE	WED	THU	FRI
CHOICE NUMBER		5 or 6			

Week 5 DATE:10-14 MAY	MON	TUE	WED	THU	FRI
CHOICE NUMBER		5 or 6			

Week 2 DATE:19-23 APRIL	MON	TUE	WED	THU	FRI
CHOICE NUMBER		5 or 6			

Week 6 DATE: 17-21 MAY	MON	TUE	WED	THU	FRI
CHOICE NUMBER		5 or 6			

Week 3 DATE:26-30 APRIL	MON	TUE	WED	THU	FRI
CHOICE NUMBER		5 or 6			

Week 7 DATE:24-28 MAY	MON	TUE	WED	THU	FRI
CHOICE NUMBER		5 or 6			

Week 4 DATE:3-7 MAY	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.**

ALLERGY INFORMATION MUST PROVIDE DOCTORS NOTE	DIETARY INFORMATION VEGETARIAN/PESCATERIAN/VEGAN NO PORK /NO BEEF/HALAL ETC	CONTACT DETAILS

### **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.