

LLANGROVE LUNCH ORDERS To cancel a lunch telephone: 01981 580352 or email admin@st-weonards.hereford.sch.uk before 9.30am to receive a credit. Please note that credits will only be given if we have been notified of the cancellation. Please complete the form below and return to the school office along with the correct money by **Monday** of the previous week. **Please do not send in orders without any money.** We accept orders for 1, 2 or 3 weeks at a time. Cheques payable to Herefordshire Council. Vegetables are served with the jacket potato and vegetarian options. **KS2 Lunch £2.30**

<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2">Monday 4th September 2017</td> </tr> <tr> <td style="width: 80%;">Inset Day</td> <td></td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td colspan="2">Tuesday 5th September</td> </tr> <tr> <td>Meat balls in tomato sauce with mash and broccoli</td> <td></td> </tr> <tr> <td>Or Jacket Potato, cheese and beans</td> <td></td> </tr> <tr> <td>Or vegetarian – Swedish meat balls</td> <td></td> </tr> <tr> <td>Orange jelly</td> <td></td> </tr> <tr> <td>Fruit yoghurt</td> <td></td> </tr> <tr> <td>Selection of fresh fruit</td> <td></td> </tr> <tr> <td>Cheese & biscuits</td> <td></td> </tr> <tr> <td colspan="2">Wednesday 6th September</td> </tr> <tr> <td>Roast Chicken, roast potatoes, cauliflower cheese, carrots, stuffing and gravy</td> <td></td> </tr> <tr> <td>Or Jacket Potato, cheese and beans</td> <td></td> </tr> <tr> <td>Or vegetarian – Quorn fillet</td> <td></td> </tr> <tr> <td>Assorted cookies</td> <td></td> </tr> <tr> <td>Fruit yoghurt</td> <td></td> </tr> <tr> <td>Selection of fresh fruit</td> <td></td> </tr> <tr> <td>Cheese & biscuits</td> <td></td> </tr> <tr> <td colspan="2">Thursday 7th September</td> </tr> <tr> <td>Pepperoni, chicken or ham/pineapple pizza, chips, cucumber and carrot batons</td> <td></td> </tr> <tr> <td>Or jacket potato, cheese and beans</td> <td></td> </tr> <tr> <td>Or vegetarian – Margherita pizza</td> <td></td> </tr> <tr> <td>Assorted fruit wedges</td> <td></td> </tr> <tr> <td>Fruit yoghurt</td> <td></td> </tr> <tr> <td>Selection of fresh fruit</td> <td></td> </tr> <tr> <td>Cheese & biscuits</td> <td></td> </tr> <tr> <td colspan="2">Friday 8th September</td> </tr> <tr> <td>Fish cakes, mash, peas or beans</td> <td></td> </tr> <tr> <td>Or jacket potato, cheese and beans</td> <td></td> </tr> <tr> <td>Or vegetarian – Veggie nuggets</td> <td></td> </tr> <tr> <td>Chocolate fudge cake</td> <td></td> </tr> <tr> <td>Fruit yoghurt</td> <td></td> </tr> <tr> <td>Selection of fresh fruit</td> <td></td> </tr> <tr> <td>Cheese and biscuits</td> <td></td> </tr> </table>	Monday 4th September 2017		Inset Day								Tuesday 5th September		Meat balls in tomato sauce with mash and broccoli		Or Jacket Potato, cheese and beans		Or vegetarian – Swedish meat balls		Orange jelly		Fruit yoghurt		Selection of fresh fruit		Cheese & biscuits		Wednesday 6th September		Roast Chicken, roast potatoes, cauliflower cheese, carrots, stuffing and gravy		Or Jacket Potato, cheese and beans		Or vegetarian – Quorn fillet		Assorted cookies		Fruit yoghurt		Selection of fresh fruit		Cheese & biscuits		Thursday 7th September		Pepperoni, chicken or ham/pineapple pizza, chips, cucumber and carrot batons		Or jacket potato, cheese and beans		Or vegetarian – Margherita pizza		Assorted fruit wedges		Fruit yoghurt		Selection of fresh fruit		Cheese & biscuits		Friday 8th September		Fish cakes, mash, peas or beans		Or jacket potato, cheese and beans		Or vegetarian – Veggie nuggets		Chocolate fudge cake		Fruit yoghurt		Selection of fresh fruit		Cheese and biscuits		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2">Monday 11th September</td> </tr> <tr> <td style="width: 80%;">Chicken wraps, wedges, peas and sweetcorn</td> <td></td> </tr> <tr> <td>Or jacket potato, cheese and beans</td> <td></td> </tr> <tr> <td>Or vegetarian – Cheese wraps</td> <td></td> </tr> <tr> <td>Frozen strawberry or chocolate mousse tub</td> <td></td> </tr> <tr> <td>Fresh fruit</td> <td></td> </tr> <tr> <td>Fruit yoghurt</td> <td></td> </tr> <tr> <td>Cheese and biscuits</td> <td></td> </tr> <tr> <td colspan="2">Tuesday 12th September</td> </tr> <tr> <td>Savoury mince, mash, Yorkshire pudding and green beans</td> <td></td> </tr> <tr> <td>Or jacket potato, cheese and beans</td> <td></td> </tr> <tr> <td>Or vegetarian – Veggie mince</td> <td></td> </tr> <tr> <td>Flapjack</td> <td></td> </tr> <tr> <td>Fruit yoghurt</td> <td></td> </tr> <tr> <td>Selection of fresh fruit</td> <td></td> </tr> <tr> <td>Cheese & biscuits</td> <td></td> </tr> <tr> <td colspan="2">Wednesday 13th September</td> </tr> <tr> <td>Roast pork loin, roast potatoes, broccoli, carrots, gravy and apple sauce</td> <td></td> </tr> <tr> <td>Or jacket potato, cheese and beans</td> <td></td> </tr> <tr> <td>Or vegetarian – Glamorgan sausage</td> <td></td> </tr> <tr> <td>Assorted cookies</td> <td></td> </tr> <tr> <td>Fruit yoghurt</td> <td></td> </tr> <tr> <td>Selection of fresh fruit</td> <td></td> </tr> <tr> <td>Cheese & biscuits</td> <td></td> </tr> <tr> <td colspan="2">Thursday 14th September</td> </tr> <tr> <td>Jacket potato, tuna mayonnaise or ham, cheese and salad</td> <td></td> </tr> <tr> <td>Or jacket potato, cheese and beans</td> <td></td> </tr> <tr> <td>Or vegetarian – Jacket potato with cheese</td> <td></td> </tr> <tr> <td>Strawberry frozen delight with fresh strawberries</td> <td></td> </tr> <tr> <td>Fruit yoghurt</td> <td></td> </tr> <tr> <td>Selection of fresh fruit</td> <td></td> </tr> <tr> <td>Cheese & biscuits</td> <td></td> </tr> <tr> <td colspan="2">Friday 15th September</td> </tr> <tr> <td>Battered fish fillets, chips, peas/beans</td> <td></td> </tr> <tr> <td>Or jacket potato, cheese and beans</td> <td></td> </tr> <tr> <td>Or vegetarian – Veggie slice</td> <td></td> </tr> <tr> <td>St Clements cake</td> <td></td> </tr> <tr> <td>Fruit yoghurt</td> <td></td> </tr> <tr> <td>Selection of fresh fruit</td> <td></td> </tr> <tr> <td>Cheese & biscuits</td> <td></td> </tr> </table>	Monday 11th September		Chicken wraps, wedges, peas and sweetcorn		Or jacket potato, cheese and beans		Or vegetarian – Cheese wraps		Frozen strawberry or chocolate mousse tub		Fresh fruit		Fruit yoghurt		Cheese and biscuits		Tuesday 12th September		Savoury mince, mash, Yorkshire pudding and green beans		Or jacket potato, cheese and beans		Or vegetarian – Veggie mince		Flapjack		Fruit yoghurt		Selection of fresh fruit		Cheese & biscuits		Wednesday 13th September		Roast pork loin, roast potatoes, broccoli, carrots, gravy and apple sauce		Or jacket potato, cheese and beans		Or vegetarian – Glamorgan sausage		Assorted cookies		Fruit yoghurt		Selection of fresh fruit		Cheese & biscuits		Thursday 14th September		Jacket potato, tuna mayonnaise or ham, cheese and salad		Or jacket potato, cheese and beans		Or vegetarian – Jacket potato with cheese		Strawberry frozen delight with fresh strawberries		Fruit yoghurt		Selection of fresh fruit		Cheese & biscuits		Friday 15th September		Battered fish fillets, chips, peas/beans		Or jacket potato, cheese and beans		Or vegetarian – Veggie slice		St Clements cake		Fruit yoghurt		Selection of fresh fruit		Cheese & biscuits		<table border="1" style="width: 100%; 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PLEASE DO NOT SEND IN ORDERS WITHOUT ANY MONEY – School lunch £2.30 per day