

Captain Shaw's School Menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
A	Chicken Curry with Korma and Rice	Spaghetti / Pasta Bolognese	Hot Dogs and Wedges	Jacket Potato with either Cheese, Tuna or Beans	Subway Day! – Hot / cold sandwiches with children’s choice of fillings!
	Naan Bread	e.g. Salad (lettuce, cucumber, tomato, grapes & carrot)	e.g. Salad (lettuce, cucumber, tomato, grapes & carrot)	e.g. Salad (lettuce, cucumber, tomato, grapes & carrot)	e.g. Salad (lettuce, cucumber, tomato, grapes & carrot) & Crisps
	Fresh Fruit / Yoghurt	Fresh Fruit	Fresh Fruit / Yoghurt	Fresh Fruit	Fresh Fruit / Yoghurt
B	Chicken Curry with Korma and Rice	Gluten free Sausage and Mash with gluten free Gravy	Chicken Fajitas	Jacket Potato with either Cheese, Tuna or Beans	Fish Fingers and Wedges
	Naan Bread	Carrots and Peas	e.g. Salad (lettuce, cucumber, tomato, grapes & carrot)	e.g. Salad (lettuce, cucumber, tomato, grapes & carrot)	Peas and Sweetcorn
	Fresh Fruit / Yoghurt	Fresh Fruit	Fresh Fruit / Yoghurt	Fresh Fruit	Fresh Fruit / Yoghurt

Please Note: Vegetarian / Dairy Free options available. There may be slight variations on days or ingredients due to availability

An amazing place to learn!
from nursery to Year 6!