



**Southwick CE Primary School**  
 Email: admin@southwick.wilts.sch.uk  
 Phone: 01225763325  
 Website: http://www.southwick.wilts.sch.uk/

UIFSM / FSM Sept 2020

<b>Monday</b> 28/09/2020 - £0	<b>Tuesday</b> 29/09/2020 - £0	<b>Wednesday</b> 30/09/2020 - £0	<b>Thursday</b> 01/10/2020 - £0	<b>Friday</b> 02/10/2020 - £0
<b>Blank Day</b>	<b>Blank Day</b>	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>  <input type="checkbox"/> Jacket Potato with cheese & beans	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>  <input type="checkbox"/> Pork casserole with mash and carrots  <input type="checkbox"/> Vegetarian sausage casserole with mash and carrots <i>contains egg, wheat, milk, barley</i>  <input type="checkbox"/> Pork Casserole with gluten and soya free gravy with mash and carrots	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>  <input type="checkbox"/> Fish Fingers with potato waffles & Baked Beans  <input type="checkbox"/> Gluten Free fish fingers with gluten free waffles & baked beans <i>For GF children only</i>



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<b>Monday</b> 05/10/2020 - £0	<b>Tuesday</b> 06/10/2020 - £0	<b>Wednesday</b> 07/10/2020 - £0	<b>Thursday</b> 08/10/2020 - £0	<b>Friday</b> 09/10/2020 - £0
<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>
<input type="checkbox"/> Ham pasta in tomato & herb sauce with mixed vegetables	<input type="checkbox"/> Chilli Con Carne & rice	<input type="checkbox"/> Jacket potato with cheese & beans	<input type="checkbox"/> Chicken casserole with mash potato and sweetcorn	<input type="checkbox"/> Salmon Fishcakes with potato waffles and baked beans
<input type="checkbox"/> Vegetarian ham pasta in tomato & herb sauce with mixed vegetables <i>contains milk, egg</i>	<input type="checkbox"/> Vegetarian chilli con carne with rice <i>contains egg</i>		<input type="checkbox"/> Vegetarian chicken casserole with mash potato and sweetcorn <i>contains egg</i>	<input type="checkbox"/> Gluten Free fish fingers with gluten free waffles with baked beans <i>these are GF children only</i>
<input type="checkbox"/> Ham & gluten free pasta in tomato & herb sauce	<input type="checkbox"/> Chilli con carne suitable for gluten free/ dairy & soya free		<input type="checkbox"/> Chicken Casserole with gluten free and soya free gravy with mash potato and sweetcorn	



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<b>Monday</b> 12/10/2020 - £0	<b>Tuesday</b> 13/10/2020 - £0	<b>Wednesday</b> 14/10/2020 - £0	<b>Thursday</b> 15/10/2020 - £0	<b>Friday</b> 16/10/2020 - £0
<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>
<input type="checkbox"/> Pasta & turkey meatballs in tomato & herb sauce <i>meatball are soya free</i>	<input type="checkbox"/> Chicken Supreme with mixed veg & rice	<input type="checkbox"/> Jacket Potato with cheese & beans	<input type="checkbox"/> Cottage Pie served with carrots & gravy	<input type="checkbox"/> Breaded fish portion with waffles & baked beans
<input type="checkbox"/> Vegetarian meatballs & pasta in tomato & herb sauce <i>contain soya, wheat and barley</i>	<input type="checkbox"/> Vegetarian Chicken Supreme with mixed veg & rice <i>contains egg &amp; dairy</i>		<input type="checkbox"/> Vegetarian cottage pie with carrots and gravy <i>contains egg</i>	<input type="checkbox"/> Gluten Free fish fingers with gluten free waffles & baked beans <i>For GF children only</i>
	<input type="checkbox"/> Chicken Casserole with gluten free and soya free gravy with mixed veg and rice		<input type="checkbox"/> Cottage Pie served with carrots and gluten free, soya free gravy	



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<b>Monday</b> 19/10/2020 - £0	<b>Tuesday</b> 20/10/2020 - £0	<b>Wednesday</b> 21/10/2020 - £0	<b>Thursday</b> 22/10/2020 - £0	<b>Friday</b> 23/10/2020 - £0
<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>	<b>Dish of the Day as below, dessert will be a choice of yoghurt or fruit (required)</b>	<b>Blank Day</b>	<b>Blank Day</b>
<input type="checkbox"/> Spaghetti Bolognese	<input type="checkbox"/> Chicken Casserole with peas and rice	<input type="checkbox"/> Jacket Potato with cheese & beans		
Vegetarian Spaghetti				
<input type="checkbox"/> Bolognese <i>contains egg &amp; wheat</i>	<input type="checkbox"/> Vegetarian chicken casserole with peas and rice <i>contains egg</i>			
<input type="checkbox"/> Gluten Free Spaghetti Bolognese	<input type="checkbox"/> Chicken Casserole with gluten free and soya free gravy with peas and rice			