

FREE

for every Gastronomer in Reception and Years 1 and 2! (worth £460 per school year)

OR

ONLY £2.45



Outstanding quality prepared by award winning Chefs



Reduced sugar and salt recipes



Unlimited freshly baked bread and vegetables, crudites or salad bar every day

Food. Health. Earth.

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WEEK 1

Week starting: 1 Nov
22 Nov | 13 Dec | 17 Jan
7 Feb | 7 Mar | 28 Mar

MONDAY Loaded Cheese & Tomato Pizza with Oven Baked Potato Wedges & Carrot & Cucumber Sticks

Glamorgan Sausage with Mashed Potato & Peas

DESSERT: Twelve15 Shortbread Biscuit

TUESDAY Cumberland Pork Sausages with Mashed Potato & Baked Beans

Macaroni Cheese with Homemade Bread & Broccoli

DESSERT: Oaty Apple Muffin with Apple Slices*

WEDNESDAY Roast British Chicken with Sage & Onion Stuffing, Roast Potatoes, Baton Carrots & Gravy

Quorn Fillet with Sage & Onion Stuffing, Roast Potatoes, Sweetcorn & Gravy

DESSERT: Fruit Crumble & Custard*

THURSDAY Spaghetti Bolognese with Garlic Bread & Chef's Salad

Roasted Vegetable Tortilla Calzone with Herby Diced Potatoes & Broccoli

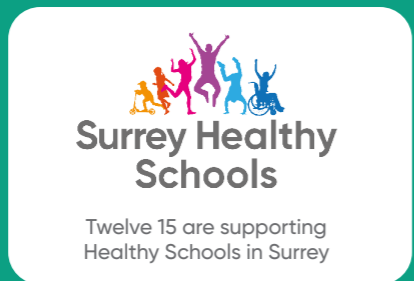
DESSERT: Yoghurt Selection

FRIDAY Pollock Fish Fingers with Oven Baked Chips & Crushed Peas

Vegan Nuggets with Oven Baked Chips & Baked Beans

DESSERT: Butterscotch Tart with Crème Fraîche

Suitable for Vegetarians.
*Desserts highlighted with an asterix contain a minimum of 50% fruit.
Fruit or yoghurt is available daily as an alternative to the advertised pudding. Please check with the school as the menus may be changed to meet the needs of the school.



WEEK 2

Week starting: 8 Nov
29 Nov | 4 Jan | 24 Jan
21 Feb | 14 Mar

MONDAY Vegan Sausage Roll with Mashed Potato & Baked Beans

Veggie Meatballs & Rice with Broccoli

DESSERT: Twelve15 Lemon Shortbread Biscuit & Glass of Milk

TUESDAY Mediterranean Pork Meatballs with Couscous & Peas

Vegetable Biryani with a Mini Naan Bread & Sweetcorn

DESSERT: Fruit Crumble & Custard*

WEDNESDAY Beef & Gravy Filled Yorkie with Roast Potatoes & Sweetcorn

Quorn Fillet with Sage & Onion Stuffing, Roast Potatoes, Green Beans & Gravy

DESSERT: Yoghurt Selection with Fresh Fruit*

THURSDAY Breaded Chicken Goujons with Oven Baked Potato Wedges & Carrots

Vegetable & Bean Wrap with Chef's Salad

DESSERT: Orange Muffin & Orange Wedges with Crème Fraîche*

FRIDAY Salmon Fish Fingers or Breaded Pollock Fillet with Oven Baked Chips & Peas

French Bread Pizza with Oven Baked Chips & Coleslaw

DESSERT: Chocolate Sponge & Chocolate Sauce

WEEK 3

Week starting: 15 Nov
6 Dec | 10 Jan | 31 Jan
28 Feb | 21 Mar

MONDAY Pasta Neapolitan with Herby Bread & Chef's Salad

Cauliflower & Broccoli Cheese with Homemade Bread & Sweetcorn

DESSERT: Twelve15 Shortbread Biscuit

TUESDAY Chicken Biryani with Carrots

Sweet Potato Whirl with 1/2 Jacket Potato & Baked Beans

DESSERT: Yoghurt Selection with Fresh Fruit*

WEDNESDAY Roast British Gammon with Roast Potatoes, Green Beans & Gravy

Shepherd's Pie Filled Yorkshire Pudding with Broccoli & Gravy

DESSERT: Fruit Crumble & Custard*

THURSDAY British Beef Burger in a Bun with Oven Baked Chips & Coleslaw

Veggie Hot Dog with Oven Baked Chips & Peas

DESSERT: Chocolate Muffin & Crème Fraîche

FRIDAY Tempura Vinegar Infused Pollock Goujons with Oven Baked Potato Wedges & Baked Beans

Veggie Fingers with Oven Baked Potato Wedges & Sweetcorn

DESSERT: Ginger Sponge with Vanilla Sauce

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