

ESSENCE CATERING MENU FOR GIFFARD PARK SCHOOL

ALL ENQUIRIES TEL: 07584 079011 or 07867 426397

WEB: www.essence-catering.co.uk

EMAIL: enquiriesessence@gmail.com

NOVEMBER 2020

NAME

CLASS.....

ENTITLED TO FREE YES NO	CASH TOTAL ENCLOSED:	CHEQUE NUMBER: CHEQUE AMOUNT: (NO CHEQUES UNDER £10)	BACS PAYMENT DATE: BACS REF:GIFF BACS AMOUNT:
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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 (GIFF CHILD'S NAME) REFERENCE SO WE CAN TRACE YOUR PAYMENT**

Week 1 DATE:2-6 Nov	MON	TUE	WED	THU	FRI
CHOICE NUMBER					

Week 5 DATE:30-4 Dec	MON	TUE	WED	THU	FRI
CHOICE NUMBER					

Week 2 DATE:9-13 Nov	MON	TUE	WED	THU	FRI
CHOICE NUMBER					

Week 6 DATE:7-11 Dec	MON	TUE	WED	THU	FRI
CHOICE NUMBER					

Week 3 DATE:16-20 Nov	MON	TUE	WED	THU	FRI
CHOICE NUMBER					

Week 7 DATE:14-18 Dec	MON	TUE	WED	THU	FRI
CHOICE NUMBER					

Week 4 DATE:23-27 Nov	MON	TUE	WED	THU	FRI
CHOICE NUMBER					

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 to the school one full week in advance and do please complete the whole order form for the whole half term you can still pay weekly. All cancellations 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 form.** **Please make a copy of your order form on your phone calendar or photo.** If you wish to amend your order placed please contact us on the office numbers above.

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WE PROVIDE A SELECTION OF FRESH FRUIT, SALADS, VEGETABLES, BREAD DAILY.

MENU 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FISHFRIDAY
1	SPAGHETTI SERVED WITH HOMEMADE MARINARA SAUCE & GARLIC BREAD	HOMEMADE BEEF HOTPOT COUNTRY VEGETABLES	ROAST CHICKEN ROAST POTATOES MIXED VEG & GRAVY	CHEESE & TOMATO PIZZA HERBY DICED SWEETCORN	BATTERED FISH CHIPS PEAS & KETHCUP
2	JACKET POTAO WITH A CHOICE OF FILLINGS	HOMEMADE VEGETABLE HOTPOT COUNTRY VEGETABLES	VEGETABLE GRILL ROAST POTATOES MIXED VEG & GRAVY	JACKET POTATO WITH A CHOICE OF FILLINGS	CRUSTLESS VEG QUICHE CHIPS PEA & KETHCUP
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	FRUIT YOGHURT POT	SPONGE CAKE	BIG FRUIT DAY	ICE- CREAM POT	COOKIE

MENU 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FISH FRIDAY
1	HOMEMADE BEEF PASTA BOLOGNESE	HOMEMADE CHICKEN CURRY PITTA BREAD	PORK TOAD IN HOLE MASH POTATO PEAS & GRAVY	CHEESE & TOMATO PIZZA FRESH SALAD GARLIC BREAD	CRISPY COATED FISH FRENCH FRIES PEAS & SWEETCORN
2	HOMEMADE VEGETABLE PASTA BOLOGNESE	JACKET POTATO WITH A CHOICE OF FILLINGS	HOMEMADE VEGGIE ROLL MASH POTATO & PEAS	JACKET POTATO WITH A CHOICE OF FILLINGS	VEGETABLE BEAN BURRITO FRENCH FRIES PEAS & SWEETCORN
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	FRUIT YOGHURT POT	SCOTCH PANCAKE FRUIT SYRUP	BIG FRUIT DAY	DOUGHNUT	ICE-CREAM POT

MENU 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FISH FRIDAY
1	HOMEMADE ITALIAN TOMATO & BASIL PASTA BAKE GARLIC BREAD	BEEF BURGER IN BUN WEDGES PEAS & KETCHUP	ROAST CHICKEN ROAST POTATOES MIXED VEG & GRAVY	CHEESE & TOMATO PIZZA POTATO FOOTBALLS BEANS	BATTERED FISH CHIPS PEAS
2	JACKET POTATO WITH A CHOICE OF FILLINGS	VEG BURGER IN BUN WEDGES PEAS & KETCHUP	CAULIFLOWER / BROCCOLI CHEESE ROAST POTATOES MIXED VEG & GRAVY	JACKET POTATO WITH A CHOICE OF FILLINGS	VEGETABLE FINGERS CHIPS & PEAS
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	FRUIT YOGHURT POT	CHOCOLATE BROWNIE	BIG FRUIT DAY	ICE-CREAM POT	HOMEMADE COOKIE

MENU 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FISH FRIDAY
1	PORK HOTDOG POTATO WAFFLE PEAS & KETCHUP	TOMATO & BASIL PASTA BAKE SERVED WITH SWEETCORN	ROAST CHICKEN YORKSHIRE ROAST POTATOES MIXED VEG & GRAVY	CHEESE & TOMATO PIZZA FRESH SALAD GARLIC BREAD	FISH CAKE WEDGES SPAGHETTI HOOPS
2	ITALIAN STYLE CHEESE & TOMATO PANINI POTATO WAFFLE & PEAS	JACKET POTATO WITH A CHOICE OF FILLINGS	HOMEMADE VEG GRILL ROAST POTATOES MIXED VEG	JACKET POTATO WITH A CHOICE OF FILLINGS	CHEESE & ONION LATTICE WEDGES SPAGHETTI HOOPS
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	FRUIT YOGHURT POT	FRUIT CRUMBLE AND CUSTARD	BIG FRUIT DAY	SCOTCH PANCAKE FRUIT SYRUP	ICE-CREAM POT

PLEASE NOTE WE DO NOT SERVE HALAL MEAT PLEASE CHOOSE ONE OF THE VEGETARIAN MEALS.

PACKED LUNCH CONTAINS A FILLED SANDWWICH 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.