Upwood Primary Academy		Week Three- Monday 29th April				FOOD	SILVER Proveg SCHOOL PLATES
	"The Art of	Monday	Tuesday	Wednesday	Thursday	Friday	X
	Food"	Planet day	Pizza frenzy	Planet day	Roast	Plane day	
	RED	Crispy topped Mac n Cheese (v)	Homemade Meat feast pizza (v)	Fish finger wrap	Roast Gammon & gravy	Oven baked Fish fillet (v)	
	GREEN	Vegetable & lentil cottage pie (ve)	Homemade 3 cheese pizza (v)	Vegan sausage puff (ve)	Hot Cheesy tuna melt sub roll (v)	Mixed bean & vegetable hot wrap (ve)	
	Yellow	Jacket potato served with filling & salad	Jacket potato served with filling & salad	Jacket potato served with filling & salad	Jacket potato served with filling & salad	Jacket potato served with filling with salad	X
	The Daily Veg Selection	Homemade tomato bread Sweetcorn & pepper mix (ve)	Seasonal mixed salad Oven roasted herb new potatoes (ve)	New potatoes Baked beans (ve)	Roast potatoes Green beans Fresh carrots (ve)	Chips Peas (ve)	5
	The Sweet Plate	Mini waffles with sauce (v) or Selection of Fresh fruit	Marble sponge with custard (v) or Fresh fruit	Lemon & orange shortbread (ve) or Fresh fruit	Fudge tart with chocolate custard (v) or Fresh fruit	Flapjack (ve) or Fresh fruit	
We fully support healthy eating and our commitment to meat free days "The Art of Food". We fully support healthy eating and our commitment to meat free days "The Art of Food". Ve = vegan option							GIENE RATING