

# PRIMARY SCHOOL MENU – NOVEMBER 09 TO MAY 2010

## WEEK 1 – COMMENCING:-

Nov. 2, 16, 30. Dec. 14. Jan. 4, 18. Feb. 1, 22. Mar. 8, 22. Apr. 12, 26. May 10, 24.



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>OPTION 1</b>	Braised Sausages & Onions	Roast Pork Steaks & Gravy	Minced Beef & Potato Pie	Roast Chicken	Breaded Fish
<b>OPTION 2</b>	Vegetarian Sausages	Super Vegetable Chow Mein	Cheese & Tomato Arrabiatti with Penne	Curried Vegetable Pasty	Cheese & Tomato Pizza
<b>OPTION 3</b>	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Salmon Mayonnaise	Chicken Carbonara
<b>CARBOHYDRATE CHOICE</b>	Potato Wedges	Roast Potatoes	Mashed Potato	Boiled Potatoes	Chips
<b>VEGETABLE SELECTION</b>	Mixed Vegetables	Mashed Swede & Carrots	Broccoli & Cauliflower	Savoy Cabbage & Carrots	Peas Beans
<b>ALSO INCLUDED</b>	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread	Sliced Bread
<b>DESSERT SELECTION</b>	Jam Sponge & Custard OR Fresh Fruit OR Yoghurt	Chocolate Crackle & Custard OR Yoghurt OR Fresh Fruit	Rice Pudding & Peaches OR Yoghurt OR Fresh Fruit	Fruit Flapjack & Custard OR Yoghurt OR Fresh Fruit	Hungarian Chocolate Biscuit OR Yoghurt OR Fresh Fruit.
<b>PLUS CHOICE OF DRINK</b>	Fruit Juice Milk Water	Fruit Juice Milk Water	Fruit Juice Milk Water	Fruit Juice Milk Water	Fruit Juice Milk Water

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**WEEK 2 – COMMENCING:-**

Nov.9, 23 · Dec. 7, Jan. 11, 25. Feb. 8. Mar. 1, 15. Apr. 19. May. 3, 17.

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>OPTION 1</b>	Savoury Mince Beef with Vegetables	Roast Beef & Gravy	Chicken Curry	Homemade Burger in a Bun	Fish Fingers
<b>OPTION 2</b>	Spaghetti Napolitaine	Vegetable Pie	Mega Macaroni Bake	Oriental Vegetables with Noodles	Vegetable Casserole
<b>OPTION 3</b>	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Chicken Mayonnaise	Salmon & Broccoli Quiche
<b>CARBOHYDRATE CHOICE</b>	Boiled Potatoes	Roast Potatoes	Boiled Rice	Potato Wedges	Chips
<b>VEGETABLE SELECTION</b>	Broccoli & Cauliflower	Carrots & Savoy Cabbage	Peas & Carrots	Baked Beans & Sweetcorn	Peas
<b>ALSO INCLUDED</b>	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread	Sliced Bread
<b>DESSERT SELECTION</b>	Steamed Chocolate Sponge & Pink Sauce OR Yoghurt OR Fresh Fruit	Lincolnshire Dessert Cake & Custard OR Yoghurt OR Fresh Fruit	Apricot Shortcake & Custard OR Yoghurt OR Fresh Fruit	Semolina & Fruit Puree OR Yoghurt OR Fresh Fruit	Oaty Biscuit OR Yoghurt OR Fresh Fruit
<b>PLUS CHOICE OF DRINK</b>	Fruit Juice Milk Water	Fruit Juice Milk Water	Fruit Juice Milk Water	Fruit Juice Milk Water	Fruit Juice Milk Water

