

## Two week School lunch menu

**£1.20**

week one 2008 Nov 3, 17 Dec 1, 15 2009 Jan 5, 19 Feb, 2, 23 March 9, 23 April 20, May 4, 18

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Braised Sausages	Roast Chicken	Minced Beef & Vegetable Pie	Roast Pork Loin with Apple Sauce/ stuffing	Breaded Fish
<b>Option 2</b>	Cod & Salmon Fish Fingers	Stir Fried Vegetables with Noodles (V)	Tomato Vegetable Pasta (V)	Mediterranean Vegetable Quiche (V)	Mega Macaroni Bake (V)
<b>Option 3</b>	Jacket Potato with Beans (V)	Jacket Potato with Cheese (V)	Jacket Potato with Beans (V)	Jacket Potato with Tuna	Jacket Potato with Cheese (V)
<b>Option 4</b>	Cheese Salad (V)	Tuna Salad	Chicken Salad	Cheese Salad (V)	Egg Salad
<b>Carbohydrate choice</b>	Mashed Potatoes	Boiled Potatoes	Mashed Potatoes	Roast Potatoes	Chips
<b>Vegetable selection</b>	Carrots, peas & sweetcorn	Broccoli & Carrots	Sweetcorn & Peas	Savoy Cabbage and Carrots	Baked Beans
<b>Also included</b>	Salads Homemade Bread	Salads Homemade Bread	Salads Homemade Bread	Salads Homemade Bread	Salads Sliced Bread
<b>Dessert selection</b>	Apple Crumble & Custard or Yoghurt or Fresh Fruit	Steamed Chocolate Sponge with Pink Sauce or Yoghurt or Fresh Fruit	Rice Pudding or Yoghurt or Fresh Fruit	Jam Sponge & Custard Or Yoghurt or Fresh Fruit	Banana Muffin 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

week two 2008 Nov 10, 24 Dec 8 2009 Jan 12, 26 Feb 9, March 2, 16, 30 April 27 May 11

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Mediterranean Chicken	Roast Beef	Shepherd's Pie	Meatloaf with Onion Gravy	Breaded Fish
<b>Option 2</b>	Breaded Salmon Fillet	Spaghetti Napolitaine (V)	Cheesy Pasta with Leeks (V)	Cheese & Tomato Quiche (V)	Vegetable Lasagne (V)
<b>Option 3</b>	Jacket Potato with Cheese (V)	Jacket Potato with Beans (V)	Jacket Potato with Tuna	Jacket Potato with Cheese (V)	Jacket Potato with Beans (V)
<b>Option 4</b>	Cheese Salad (V)	Tuna Salad	Beef Salad	Ham Salad	Egg Salad
<b>Carbohydrate choice</b>	Pasta/Rice	Roast Potatoes	Boiled Potatoes	Creamed Potatoes	Chips
<b>Vegetable selection</b>	Peas & Sweetcorn	Carrots & Savoy Cabbage	Sweetcorn & Broccoli	Diced Swede and Carrots	Peas
<b>Also included</b>	Salads Homemade Bread	Salads Homemade Bread	Salads Homemade Bread	Salads Homemade Bread	Salads Homemade Bread
<b>Dessert selection</b>	Apricot Shortcake & Custard or Yoghurt or Fresh Fruit	Orange & Cinnamon Cake with Custard or Yoghurt or Fresh Fruit/Milk	Pudding or Yoghurt or Fresh Fruit/Fruit	Flapjack & Custard or Yoghurt or Fresh Fruit	Carrot Cake Muffins 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

**Allergy intolerance information:** Some items of food on this menu may contain traces of nuts or seeds. Should you require further information regarding the content of our food please consult the catering staff or contact Chris Ford on 331070.

(V) = Vegetarian