

**PRIMARY SCHOOL MENU - from November 2011 to February 2012**

**WEEK 3 - COMMENCING:-**

**14th November, 5th December 2011, 16th January, 6th February 2012**

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1</b>	Chicken Curry	Roast Beef & Gravy	Sausages & Gravy	Mediterranean Chicken	Breaded Fish
<b>OPTION 2</b>	Spaghetti Napoliteine (V)	Vegetable Korma Bake (V)	Vegetable Sausages & Gravy (V)	Cheese & Tomato Arrabiatta with Penne (V)	Vegetable Goulash (V)
<b>OPTION 3</b>	Jacket Potato & Cheese (V)	Jacket Potato & Tuna Mayonnaise	Jacket Potato & Baked Beans (V)	Tuna Wrap	
<b>CARBOHYDRATE CHOICE</b>	Rice	Roast Potatoes	Mashed Potato	Rice	Chips
<b>VEGETABLE SELECTION</b>	Peas Sweetcorn	Cabbage Carrots	Broccoli Cauliflower	Sweetcorn Green Beans	Peas Mushy Peas
<b>ALSO INCLUDED</b>	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread	Sliced Bread
<b>DESSERT CHOICE</b>	Chocolate Oat Delight & Custard OR Fresh Fruit OR Assorted Yoghurts	Coconut Shortcake & Custard OR Fresh Fruit OR Assorted Yoghurts	Steamed Sultana Sponge & Custard OR Fresh Fruit OR Assorted Yoghurts	Rice Pudding with Jam Sauce OR Fresh Fruit OR Assorted Yoghurts	Apple & Cinnamon Muffin OR Fresh Fruit OR Assorted Yoghurts
<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

(V) = Vegetarian

**FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS**