



**A Salad Bar
is available daily
which includes
Baked Potatoes
Fresh fruit
&
Yoghurts**

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LUNCH MENU

**Autumn & Winter
Term 2009/10**



WEEK 1

MONDAY

Minced Beef and Onion Pie *or* Chicken Curry

V Vegetable Curry

Rice, New Potatoes,

Carrots, Peas, Sweet Corn

Soup of the Day

Fresh Fruit and Yoghurts

TUESDAY

Lamb Hotpot *or* Chicken & Leek Bake

V Cheese & Onion Pie

Mashed Potato, Green Beans, Cabbage,

Cauliflower Cheese

Vanilla Sponge With Banana Custard

WEDNESDAY

Round the World Wednesday

THURSDAY

Braised Steak, *or* Cheesy Quiche

V Popeye Pasta

Roast Potatoes, Broccoli, Carrots, Sprouts, Parsnips

Marble Sponge & Custard

FRIDAY

Battered Cod *or* Chicken & Broccoli Pasta Bake

V Broccoli Pasta Bake

Chips, Peas, Courgettes, Baked Beans

Fresh Fruit & Yoghurts

WEEK 2

MONDAY

Roast Chicken *or* Pork Chops

V Stuffed Peppers Stuffing

Lyonnaise Potatoes, Broccoli, Cauliflower Cheese

Soup of the Day

Fresh Fruit & Yoghurts

TUESDAY

Beef Lasagne *or* Honey Roast Ham

V Macaroni Cheese

Roasted New Potatoes, Carrots, Courgettes, Peas

Ice Cream

WEDNESDAY

Round the World Wednesday

THURSDAY

Roast Lamb *or* Toad in the Hole

V Cheesy Quiche

Roasted Vegetables, Potatoes & Broccoli

Banana Flapjack

FRIDAY

Home Made Cod & Salmon Fish Cakes

V Tomato & Basil Pasta

New Potatoes, Mushy Peas, Mixed Vegetables

Soup of the Day

Fresh Fruit & Yoghurts

WEEK 3

MONDAY

Pan Fried Chicken *or* Steak Pie

V Stuffed Aubergine

New potatoes, Roast Carrots, Green Beans

Soup of the Day

Fresh Fruit & Yoghurts

TUESDAY

Pork Sausage *or* Meat & Potato Pasty

V Cheese Pasty

Mashed Potatoes, Peas & Sweet Corn, Carrots

Chocolate Brownies

WEDNESDAY

Round the World Wednesday

THURSDAY

Roasted Loin of Pork

V Quiche

Sage & Onion Stuffing, Roast Potatoes,

Cauliflower Cheese, Broccoli, Carrots

Apple Crumble & Custard

FRIDAY

Breaded Cod, Tuna Bake *or*

V Savory Rice

Boiled Potatoes, Mushy, Peas, Carrots

Soup of the Day

Fresh Fruit & Yoghurts