

School Menus

The menus are operated on a three weeks cycle until Friday 20th March 2008

Please note these alterations:
Tuesday Week 1 – Chicken
curry not Pork Curry
All weeks: Wednesday's menu
swapped for Thursday's menu
and vice versa

WEEK 1 commencing dates
7th Jan, 28th Jan, 25th Feb, 17th Mar.

MONDAY

Chicken Thigh with Creamed Potato
(FF) Haddock Grill with Pasta Shells
(V) Cheese Savoury
Served with Green Beans, Sweetcorn, Mixed Salad
Apple Sponge & Custard / Vanilla Dessert

TUESDAY

Pork Curry with Boiled Rice & Naan Bread
(FF) Fish Nibbles with Low Fat Chips
(V) Vegetable Curry with Boiled Rice & Naan Bread
Served with Mixed Vegetables, Baked Beans, Mixed Salad
Fruit Tart & Custard / Fruit Ice-cream

WEDNESDAY

Roast Beef & Yorkshire Pudding with
(FF) Roast & Boiled Potatoes
(V) Spicy Vegetable Grill with Creamed Potato
Served with Fresh Cauliflower, Carrot Roundels
Carrot Cake & Custard / Strawberry Crackle

THURSDAY

Spaghetti Bolognese with Garlic Bread
(V) Vegetable Bolognese with Garlic Bread
Lamb and Mint Grill with Jacket Wedges
Served with Broccoli, Peas and Carrot Mix, Mixed Salad
Chocolate Crunch & Custard / Fruit Jelly

FRIDAY

Pork Loin with Creamed Potato
(V) Cheese & Tomato Pizza with Low Fat Chips
Served with Baked Beans, Sweetcorn, Mixed Salad
Fruit Flapjack & Custard / Fresh Fruit Salad

WEEK 2 commencing dates
14th Jan, 4th Feb, 25th Feb, 3rd Mar.

MONDAY

Meatballs in Tomato Sauce with Jacket Wedges
Cod Fishcake with Creamed Potato
(V) Pasta Bake
Served with Cauliflower, Mixed Vegetables
Steamed Treacle Sponge & Custard / Strawberry Mousse

TUESDAY

Handmade Chicken Pie
Beef Grill with Salad Bap and Low Fat Chips
(V) Quorn Burger with Salad Bap
Served with Sweetcorn, Broccoli
Fruit Crumble & Custard / Banana Fairy Cake

WEDNESDAY

Roast Lamb, Mint Sauce with (FF) Roast & Boiled Potatoes
Cheese and Bacon Savoury with Pasta in Tomato Sauce
(V) Vegetable Nuggets with (FF) Roast Potatoes
Served with Cabbage, Fresh Broccoli, Mixed Salad
Chocolate Sponge & Custard / Iced Bun

THURSDAY

Cottage Pie
Fish Fingers and Creamed Potatoes
(V) Cauliflower Cheese with Pasta Shells
Served with Peas and Carrot Mix, Baked Beans
Blackcurrant Cheesecake / Oaty Apple Crumble & Custard

FRIDAY

Ham & Pineapple Pizza with Low Fat Chips
Salmon Pasta Bake with Crusty Bread
(V) Cheese & Tomato Pizza
Served with Sweetcorn, Baked Beans, Mixed Salad
Fruit Shortcake & Custard / Fruit Meringue

WEEK 3 commencing dates
21st Jan, 18th Feb, 10th Mar.

MONDAY

Chicken Balti with Boiled Rice & Naan Bread
(V) Vegetable Nuggets with Jacket Wedges
Served with Sweetcorn, Carrots
Jam Roly Poly & Custard / Fruit Ice-cream

TUESDAY

Lasagne with Garlic Bread
(V) Quorn Lasagne with Garlic Bread
Hot Dog With Low Fat Chips
Served with Baked Beans, Coleslaw Salad
Australian Crunch / Sultana Scone

WEDNESDAY

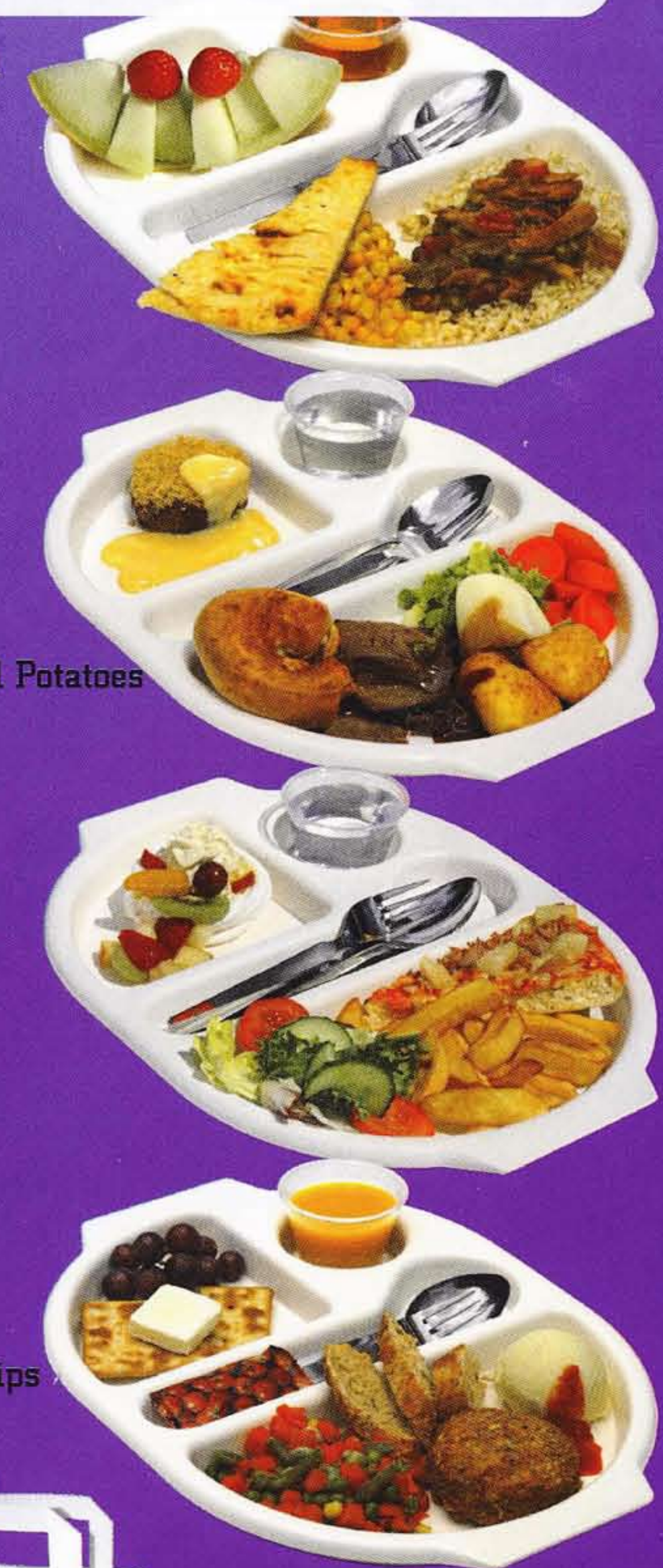
Roast Pork, Apple Sauce, (FF) Roast & Boiled Potatoes
(V) Vegetable Ravioli
Served with Cabbage, Carrot Roundels
Lemon Sponge & Custard / Rice Pudding

THURSDAY

Gammon and Pineapple with Baby Potatoes
Chicken Wrap with Salad and Pasta Bows
(V) Roast Vegetable Wrap
Served with Mixed Vegetables, Sweetcorn
Fruit Trifle / Fruit Pie & Custard

FRIDAY

Fish Pie
Cornish Pasty
(V) Cheese & Tomato Pizza with Low Fat Chips
Served with Baked Beans, Mushrooms
Fudge Iced Ginger Cake / Melting Moment



Daily service items, Alternatives or Individually priced extras to satisfy:
Wholesome, Handmade Biscuits and Breaktime Snacks.
Jacket Potato with choice of fillings, Salads, Cheese & Biscuits, Fresh Fruit,
Mixed Breads Basket, Gravy, 'School approved' branded products - Yoghurts,
Drinks, Juices, Milk Shakes, Milk, Waters. SPECIAL DIETS CATERED FOR.



For busy school days order
VALUE PACKED LUNCH GRAB BAGS
from your school catering manager

For more information about school meals contact this Helpline 01384 814325

(FF) Fat Free
(V) Suitable for Vegetarians