

Daily Lunch Menu

NB: Please note the majority of schools offer the set menu daily

Week Commencing:

Monday

Tuesday

Wednesday

Thursday

Friday

Week One:

05/09/11
26/09/11
17/10/11
14/11/11
05/12/11
09/01/12
30/01/12

Meatballs **S**
or
'Veggie' Meatballs **V**

Served with
Pasta
Garlic Bread
Broccoli
&/or
Sweetcorn
Flapjack & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

Roast Ham & Yorkshire Pudding **S**
or
Cheese Scotch Egg **V**

Served with
Roast Potatoes
Carrots
&/or
Garden Peas
Melting Moment
or
Fresh Fruit
or
Low Fat Yoghurt

Fishcake Served with Chunky Chips & Baked Beans **S**
or
Cheesy Pasta Bake **V**

Crispy Bread
Seasonal Salad
Jam Sponge & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

Roast Turkey **S**
or
Quorn Roast **V**

Served with
Sage & Onion Stuffing
Mashed Potatoes
Broccoli & Cauliflower Florets
&/or
Carrots
Fruit & Ice Cream
or
Fresh Fruit
or
Low Fat Yoghurt

Spaghetti Napolean **S**
or
'Veggie' Bolognese **V**

Served with
Garlic Bread
Garden Peas
&/or
Sweetcorn
Chocolate Oat Delight & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

Week Two:

12/09/11
03/10/11
31/10/11
21/11/11
12/12/11
16/01/12
06/02/12

Crumbed Fish & Tomato Ketchup **S**
or
Vegetable Nuggets **V**

Served with
Potato Wedges
Garden Peas
&/or
Sweetcorn
Iced Cupcake
or
Fresh Fruit
or
Low Fat Yoghurt

Bolognese Sauce **S**
Served with
Pasta
Carrots
&/or
Green Beans
or
Jacket Potato With Cheese & Baked Beans **V**

Marble Sponge & Pink Sauce
or
Fresh Fruit
or
Low Fat Yoghurt

Roast Pork & Apple Sauce **S**
Served with
Roast Potatoes
Swede & Carrots
&/or
Broccoli Florets
or
Tomato Tagliatelle **V**

Crispy Bread
Seasonal Salad
Jelly Whip
or
Fresh Fruit
or
Low Fat Yoghurt

Chicken Casserole **S**
or
Country Vegetable Casserole **V**

Served with
Yorkshire Pudding
Mashed Potatoes
Garden Peas
&/or
Carrots
Chocolate Crunch & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

'Italian Style' Pepperoni Pizza **S**
or
Margherita Pizza **V**

Served with
Chunky Chips
&
Baked Beans
Sticky Toffee Pudding & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

Week Three:

19/09/11
10/10/11
07/11/11
28/11/11
19/12/11
02/01/12
23/01/12
13/02/12

Chicken Korma **S**
or
Vegetable Korma **V**

Served with
Steamed Rice
Sweetcorn
&/or
Broccoli
Chocolate Crackle & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

Roast Beef & Yorkshire Pudding **S**
or
'Veggie Mince' & Yorkshire Pudding **V**

Served with
Mashed Potatoes
Cabbage
&/or
Carrots
Shortbread Biscuit
or
Fresh Fruit
or
Low Fat Yoghurt

Fishfingers & Tomato Ketchup **S**
Served with
Chunky Chips
Sweetcorn
&/or
Garden Peas
or
Tomato & Pesto Pasta **V**

Crispy Bread
Seasonal Salad
Iced Orange Sponge & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

Roast Chicken **S**
or
Quorn Fillet **V**

Served with
Sage & Onion Stuffing
Roast Potatoes
Carrots
&/or
Broccoli & Cauliflower Florets
Rice Pudding & Jam Sauce
or
Fresh Fruit
or
Low Fat Yoghurt

Sausages **S**
or
Quorn Sausage **V**

Served with
Jacket Potato
&
Baked Beans
Wellington Fudge & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

S Denotes made in the kitchen

S Denotes set menu

V Denotes vegetarian option upon request

Please be aware that these dishes may contain traces of nut or nut derivatives • Special dietary requirements can be catered for, please contact your school for details • It may be necessary to change the menu without prior notice