

LUNCH MENU

SUMMER TERM 2010

Week A 19 Apr, 17 May, 21 Jun
Week B 26 Apr, 24 May, 28 Jun
Week C 3 May, 31 May, 5 July
Week D 10 May, 7 Jun

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Available Daily
Week A	Local Organic Meatballs in a Tomato Basil Sauce or vegetarian Quorn Balls ✓ With Spaghetti, Steamed Broccoli & Carrots Ice-cream Roll & Fruit	Chicken & Vegetable Pie with Puff Pastry, Cabbage, Roast Potatoes & Carrots Chocolate & Banana Cake	Sweet & Sour Pork with Basmati Rice, Broccoli & Prawn Crackers Apple & Strawberry Crumble with Whipped Cream	Beef Lasagne or Vegetarian Lasagne ✓ with Mixed Leaf Salad & Garlic Bread Fresh Fruit Salad	Poached Fresh Salmon with Parsley Butter, New Potatoes, Green Beans & Sweetcorn Lemon Cheesecake	Lamb Tagine with Roasted Vegetable Couscous Fruity Flapjack with Low Fat Natural Yoghurt	Chicken Breasts with Roast Potatoes, Yorkshire Pudding, Stuffing, Carrots & Cabbage Hot Pudding of the Day	 <p>Assorted fresh fruit basket</p>
Week B	Whole wheat Spaghetti Bolognese with Carrots, Mange Tout & Cucumber Sticks Seasonal Fruit Crumble & Whipped Cream	Gammon & Warm Pineapple with Roasted New Potatoes & Fresh Seasonal Vegetables Orange Drizzle Cake	Organic Beef & Vegetable Pie with Shortcrust Pastry, Cabbage, new Potatoes & Carrots Jam Sponge & Custard	Lamb Cobbler with New Potatoes & Fresh Seasonal Vegetables Fresh Fruit Platter & Yoghurt	Fresh Breaded Haddock with Oven-baked Chips, Sweetcorn & Broccoli Summer Pudding	Pasta Carbonara with Homemade Bread, Fresh Carrot, Celery & Cucumber Sticks Eton Mess	Roast Organic Leg of Pork with Apple Sauce, Yorkshire Pudding, New Potatoes, Broccoli & Carrots Hot Pudding of the Day	
Week C	Chilli Con Carni with Basmati Rice, Tortilla Crisps, Carrot & Cucumber Sticks Fresh Fruit Fool & Homemade Biscuit	Stir Fry Chicken with Noodles in Hoisin Sauce & Seasonal Vegetables Carrot Cake	Baked Macaroni Cheese with Homemade Bread, Peas & Carrots Cornflake Tart with Custard	Pork & Chive Sausages with Yorkshire Puddings, Roast Potatoes, Cabbage, peas & Sweetcorn Cheese & Biscuits	Breaded Salmon Bites with Parsley Sauce, Penne Pasta, Peas & Sweetcorn Tiramisu	Chicken Korma with Basmati Rice & Naan Bread Fruit Kebabs with Yoghurt	Roast Organic Leg of Lamb with Yorkshire Pudding, Roast Potatoes, Cabbage & Carrots Hot Pudding of the Day	 <p>Drinking water</p>
Week D	Homemade Pizza with Coleslaw & Mixed Leaf Salad Jelly & Ice-cream	Roast Loin of Pork with Stuffing, Roast Potatoes, Leeks in Cheese Sauce & Carrots Lemon Drizzle Cake	Cheese & Baked Ham Ploughmans with Pickles, Crusty Bread & Jacket Potatoes Treacle Sponge with Whipped Cream	Cottage Pie or Vegetable Cottage Pie ✓ with Cauliflower, Carrots & Broccoli Seasonal Crumble & Custard	Chunky (MSC) Fishfingers with Diced Potatoes, Broccoli, Peas & Carrots Homemade Scones, Jam & Whipped Cream	Moussaka with Mixed Leaf Salad & Garlic Bread Seasonal Cheesecake	Roast Organic Beef with Yorkshire Pudding, New Potatoes, Parsnips, Carrots & Cabbage Hot Pudding of the Day	