

# School Menu—4 Week Cycle—August 2010

## Week 1

Mon	Tues	Wed	Thurs	Fri
Macaroni Cheese,	Beef Stew Yorkshire pud	Shepherds Pie	Homemade Pizza	Salmon Fishcakes
Crusty Roll, Beans Sweetcorn	Carrots Broccoli	Green Beans Swede	Potato Wedges, Sweetcorn, Coleslaw	Chips Baked Beans Peas
or	or	or	or	or
Veg Soup & Ham Baguette	French Bread Pizza, Spa- ghetti Rings	Tomato Soup & Tuna Mayo Roll	Chicken Noodle Soup & Ham Roll	Jacket Potato & Baked Beans
Ice Cream & Fruit	Apple Cake & Custard	Fruit Yoghurt	Rice Pudding	Chocolate Shortbread & Milk

## Week 2

Mon	Tues	Wed	Thurs	Fri
Baked Sausages	Savoury Mince	Chicken Curry	Beef Steak Pie	Breaded Haddock
Boiled Potato Baked Beans Carrots	Mashed Potato Turnip Broccoli	Rice Sweetcorn Cauliflower	Boiled Potatoes Carrots Broccoli	Chips Peas & Beans
or	or	or	or	or
Tomato & Lentil Soup & Cheese Baguette	Jacket Potato & Baked Beans	Minestrone Soup & Tuna Mayo Roll	Cheese & Potato Pie Spaghetti Rings	Split Pea Soup & Ham Sandwich
Chocolate Iced Sponge	Cheese & Crackers	Cup Cakes	Oat Cookies Milk	Fruit Yoghurt

## Week 3

Mon	Tues	Wed	Thurs	Fri
Sausage Casserole	Spaghetti Bolognese	Chicken & Vegetable Pie	Beef Lasagne	Salmon Fish fingers
Boiled Potatoes Carrots Sweetcorn	Sweetcorn Broccoli	Mashed Potato Carrots Cauliflower	Peas Mixed Vegetables	Chips Baked Beans Sweetcorn
or	or	or	or	or
Lentil Soup & Cheese Sandwich	Jacket Potato & Baked Beans	Pasta Shells in Tomato Sauce	Homemade Soup & Tuna Roll	Tomato & Lentil Soup & Cheese Baguette
Fruit Scone Milk	Sponge & Custard	Caramel Tart	Fruit Muffins	Jelly

## Week 4

Mon	Tues	Wed	Thurs	Fri
Turkey Burger In a Bun	French Bread Pizza	Beef Curry & Rice	Roast Chicken	Fish Fingers
Spaghetti Hoops Peas Sweetcorn	Potato Wedges Salad Baked Beans	Mixed vegetables Green Beans	Roast Potatoes Cauliflower Broccoli	Chips Peas Beans
or	or	or	or	or
Tomato Soup & Tuna Wrap	Lentil Soup & Jacket Potato with Cheese	Veg Soup & Egg Mayo Sandwich	Pasta Shells in Tomato Sauce	Chicken & Rice Soup & Ham Baguette
Syrup Sponge & Custard		Chocolate Crispy, Milk	Chocolate Ice Cream	Fruit Yoghurt

Fresh Fruit Available Daily as a Pudding Option - Vegetarians Catered For.