

HOT AND PACKED LUNCH MENU AUTUMN 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Fish Fingers with Mashed Potatoes	Roast Beef with New Potatoes	Chicken & Pasta Spirals with Garlic Bread	Tuna and Sweetcorn Pizza with Jacket Wedges	Minced Beef & Potato Pie with Herby Potatoes
VEGETARIAN	Individual Cheese Portion Pasta Salad with Wholemeal Roll	Baked Bean Lasagne with New Potatoes	Quorn Pasta Bolognese with Garlic Bread	Vegetable Gratin with Jacket Wedges	Egg Salad with New Potatoes
* JACKET POTATO	Savoury Mince (H)	*Ham Slice	Baked Beans (H)	Salmon in a Tomato & Vegetable Sauce (H)	Cheese
VEGETABLES	Baked Beans	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DESSERT	Fruit Muffin or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Chocolate & Pear Fudge Cake or Fresh Fruit	Apple & Sultana Sponge or Fresh Fruit	Sultana & Ginger Cake or Fresh Fruit

**WEEK ONE
W/C
31 AUG
21 SEPT
12 OCT**

^S Served with Portion of Sunflower Spread
*Pork Product
(H) Hot Topping

**WEEK TWO
W/C
7 SEPT
28 SEPT
19 OCT**

To ensure quality of dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	*Baked Ham with New Potatoes	Savoury Mince Cobbler with Mashed Potatoes	Chicken Curry with Rice	Breaded Fish with Diced Potatoes	Beef Pasta Bolognese with Mini Pitta
VEGETARIAN	Tomato and Spinach Pasta with New Potatoes	Cheese Salad with Wholemeal Roll	Mild Vegetable Curry with Rice	Cheese & Tomato Pizza with Diced Potatoes	Cauliflower Cheese Bake & Mini Pitta
* JACKET POTATO	Tuna Mayonnaise	Baked Beans (H)	Cheese	*Ham Slice	Baked Beans (H)
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans	Mixed Salad
DESSERT	Fruit Yoghurt or Fresh Fruit	Fromage Frais or Fresh Fruit	Fruit Pot or Fresh Fruit	Chocolate & Mixed Fruit Sponge or Fresh Fruit	Fruit Crumble or Fresh Fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	*Sausages with Mashed Potatoes	Chicken and Vegetable Pie with Herby Potatoes	Fish Cake with Diced Potatoes	Beef Lasagne with Garlic Bread	Roast Chicken with Parsley Potatoes
VEGETARIAN	Cheese Salad with Wholemeal Roll	Mixed Vegetable Pizza with Herby Potatoes	Vegetable Grill with Diced Potatoes	Ravioli with Garlic Bread	Cheese Omelette with Parsley Potatoes
* JACKET POTATO	Savoury Mince (H)	Tuna & Sweetcorn Mayonnaise	Baked Beans (H)	Cheese	Baked Beans (H)
VEGETABLES	Baked Beans	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables
DESSERT	Fruit Muffin or Fresh Fruit	Carrot Cake or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Rice Pudding or Fresh Fruit	Banana Brownie or Fresh Fruit

**WEEK THREE
W/C
14 SEPT
5 OCT**

**WEEK ONE
PACKED**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PACKED LUNCH STANDARD	Tuna, Salad & Spring Onion in White Bap	Sliced Chicken & Salad in Wholemeal Sandwich	Sliced Cheese & Salad in Wholemeal Bap	Sliced Beef & Salad in White Sandwich	Sliced Ham*, Cheese & Salad in White Sandwich
PACKED LUNCH VEGETARIAN	Egg, Salad & Spring Onion in White Bap	Thai Baby Sweetcorn & Salad Wrap	As Above	Italian Vegetable & Salad Wrap	Creamy Coronation & Salad in White Sandwich
EXTRA ITEMS	Fromage Frais Satsuma	Fruit Flavoured Yoghurt Apple	Box of Raisins & Sultanas Fresh Fruit Pot	Pizza Finger Pear	Box of Raisins & Sultanas Satsuma

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PACKED LUNCH STANDARD	Cheese, Mango Chutney & Salad in Wholemeal Sandwich	Sliced Ham* & Salad in White Bap	Corned Beef & Salad in White Sandwich	Chicken, Light Mayo & Salad in Wholemeal Sandwich	Tuna & Salad in Wholemeal Bap
PACKED LUNCH VEGETARIAN	As Above	Egg Mayonnaise & Salad in White Bap	Vegetable Tikka Pate & Salad in White Sandwich	Crunchy Cajun & Salad in Wholemeal Sandwich	Orange & Basil Pate & Salad in Wholemeal Bap
EXTRA ITEMS	Fruit Muffin Apple	Fromage Frais Fruit Pack	Pizza Finger Fresh Fruit Pot	Fruit Flavoured Yoghurt Pear	Fromage Frais Box of Raisins & Sultanas

**WEEK TWO
PACKED**

**WEEK THREE
PACKED**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PACKED LUNCH STANDARD	Soft Cheese & Salad in White Sandwich	Sliced Ham* & Salad in Wholemeal Bap	Red Salmon & Salad in White Sandwich	Sliced Beef & Salad in Wholemeal Bap	Sliced Turkey & Salad in White Sandwich
PACKED LUNCH VEGETARIAN	As Above	Tomato & Herb Pate & Salad in White Sandwich	Cheese & Apple Coleslaw & Salad in Wholemeal Bap	Sliced Egg & Salad Sandwich	Fruity Philadelphia & Salad Wrap
EXTRA ITEMS	Fruit Muffin Satsuma	Fromage Frais Pear	Yoghurt Fresh Fruit Pot	Pizza Finger Satsuma	Fromage Frais Apple