

HOT AND PACKED LUNCH MENU WINTER 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cottage Pie with Finger Roll	Ham & Pineapple Pizza with New Potatoes	Roast Chicken with Roast Potatoes	Fish Fingers with Mashed Potatoes	Chicken & Winter Vegetable Pie with Parsley Potatoes
VEGETARIAN	Cauliflower Cheese Bake with Finger Roll	Quorn Pasta Bolognese with New Potatoes	Cheese Omelette with Roast Potatoes	Tomato & Chickpea Bake with Mashed Potatoes	Vegetable Gratin with Parsley Potatoes
§ JACKET POTATO	Baked Beans (H)	Chicken Slice	Savoury Mince (H)	Cheese	Full of Beanz (Lentils & Chickpeas in Tomato Sauce) (H)
VEGETABLES	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Baked Beans	Seasonal Vegetables
DESSERT	Yoghurt or Fresh Fruit	Mixed Fruit Crumble with Custard or Fresh Fruit	Fruit Pot or Fresh Fruit	Pineapple Sponge with Custard or Fresh Fruit	Fruit Muffin or Fresh Fruit

WEEK ONE
W/C
2 NOV
23 NOV
14 DEC

§ Served with Portion of Sunflower Spread 'Pork Product (H) Hot Topping

WEEK TWO
W/C
9 NOV
30 NOV

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	Beef Lasagne with Brown Roll	Baked Ham with Herby Potatoes	Breaded Fish with Jacket Wedges	Mild Chilli with Black Eyed Beans & Rice	Chicken & Pasta Spirals with Garlic Bread
VEGETARIAN	Egg Salad with Brown Roll	Cheese & Tomato Pizza with Herby Potatoes	Baked Bean Lasagne with Jacket Wedges	Vegetable Curry with Rice	Vegetable Ravioli with Garlic Bread
§ JACKET POTATO	Salmon in Tomato Sauce (H)	Baked Beans (H)	Savoury Mince (H)	Baked Beans (H)	*Ham Slice
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Seasonal Vegetables
DESSERT	Rice Pudding or Fresh Fruit	Apple Flapjack or Fresh Fruit	Date & Treacle Sponge with Custard or Fresh Fruit	Yoghurt or Fresh Fruit	Bran Cluster or Fresh Fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	*Sausages with Mashed Potatoes	Beef Pasta Bolognese with Wholemeal Roll	Fish Cake with Diced Potatoes	Roast Beef with New Potatoes	Chicken Curry with Rice
VEGETARIAN	Vegetable Grill with Mashed Potatoes	Cheese Salad with Wholemeal Roll	Roast Vegetable Pizza with Diced Potatoes	Macaroni & Cauliflower Cheese with New Potatoes	Vegetable Goulash with Rice
§ JACKET POTATO	Cheese	Chicken Tikka (H)	*Ham Slice	Baked Beans (H)	Tuna & Sweetcorn Mayonnaise
VEGETABLES	Baked Beans	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Seasonal Vegetables
DESSERT	Flapjack or Fresh Fruit	Apple Crumble with Custard or Fresh Fruit	Chocolate & Mixed Fruit Sponge with Custard or Fresh Fruit	Yoghurt or Fresh Fruit	Carrot Cake or Fresh Fruit

WEEK THREE
W/C
16 NOV
7 DEC

Week three, w/c 7 DEC, will be our Christmas Meal week. Menu and order form to follow.

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