



### MENU from September 2009

Salad bar including bread available every day

Tap water served with all meals

<b>WEEK ONE:</b>					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Fish Fingers	Potato topped Shepherds pie	Homemade quiche	Sausages	Chicken curry
<b>VEGETARIAN</b>	Vegetable enchilada	Potato topped spicy bean pie	Homemade quiche	Vegetarian Sausages	Vegetable curry
<b>CARBOHYDRATE</b>	Mashed potatoes		Potato wedges	New potatoes	Rice
<b>VEGETABLES</b>	Baked beans	Carrots	Peas	Sweetcorn	Mixed seasonal vegetables
<b>DESSERT</b>	Fresh fruit salad with yoghurt	Homemade cookies with vanilla sauce	Fruit jelly	Apple pie and custard	Ice cream
<b>WEEK TWO:</b>					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Jacket potatoes with tuna or cheese	Chicken with sweet and sour sauce	Lasagne	Roast chicken	Lamb wraps
<b>VEGETARIAN</b>	Jacket potatoes with cheese	Sweet and sour vegetables	Vegetable lasagne	Vegetable casserole	Vegetable wraps
<b>CARBOHYDRATE</b>		Noodles	Garlic bread	Roast potatoes	Potato salad
<b>VEGETABLES</b>	Beans Homemade coleslaw	BBQ vegetables	Sweetcorn	Seasonal fresh vegetables	Peas
<b>DESSERT</b>	Chocolate sponge and sauce	Fruity crispy cakes	Ice cream	Fresh fruit salad	Homemade shortbread with vanilla sauce
<b>WEEK THREE:</b>					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Spaghetti bolognaise	Chicken with BBQ sauce	Beef casserole	Salmon fish cakes	Roast chicken
<b>VEGETARIAN</b>	Cheese puffs	BBQ stir fry vegetables	Vegetable casserole	Vegetable pie	Seasonal vegetable Cassoulet
<b>CARBOHYDRATE</b>	Spaghetti	Rice	New potatoes	Potato wedges	Roast potatoes
<b>VEGETABLES</b>	peas	Sweetcorn	Carrots	Baked beans	Seasonal fresh vegetables
<b>DESSERT</b>	Seasonal fruit crumble and custard	Fresh fruit salad & yoghurt	Currant sponge and custard	Homemade cookies with yoghurt	Ice cream