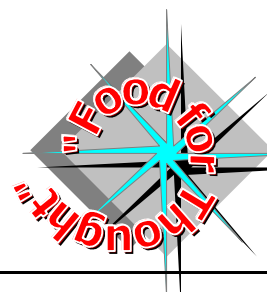


MENU from January 2009 Aston Clinton
 Salad bar including bread available every day
 Tap water served with all meals



WEEK ONE:					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
MAIN	Sausages	Roast chicken	Pasta with meat and tomato sauce	Chicken Casserole	Cod fish fingers
VEGETARIAN	Vegetable sausage	Potato topped spicy bean pie	Vegetable and pasta bake	Vegetarian Casserole	Vegetable wraps
CARBOHYDRATE	New potatoes potatoes	Potato wedges	pasta	rice	Mashed potato
VEGETABLES	sweetcorn	peas	carrots	Mixed vegetables	Baked beans
DESSERT	Apple Sponge and custard	Fruit jelly	Gingerbread Men and vanilla sauce	Ice cream	Fresh fruit salad
WEEK TWO:					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Fish pie	chicken with lemon sauce	Beef stew	Lightly roasted chicken	Beef bolognese
VEGETARIAN	Vegetable nuggets	Vegetable casserole	Vegetable pittas	Vegetable enchilada	Vegetable bake
CARBOHYDRATE	Mashed potato	Rice	Boiled potato	Roast potatoes	pasta
VEGETABLES	peas	Carrots	sweetcorn	Seasonal vegetables	peas
DESSERT	Bananas and custard	shortbread	Ice cream	Fruit salad	Fruity crispy cake
WEEK THREE:					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Salmon pasta bake	Chicken with white sauce	Beef casserole	Beef Chilli	Roast chicken
VEGETARIAN	Vegetable pasta bake	Vegetable stuffed peppers with cheese topping	Vegetable casserole with lentils	BBQ Stir fry Vegetables	Crunchy veg crumble
CARBOHYDRATE	pasta	Mashed potato	New potatoes	rice	Roast potato
VEGETABLES	peas	Sweetcorn	carrots	peas	Mixed veg
DESSERT	Fruit Sponge yoghurt	Fresh fruit salad	Fruit sponge and custard	Homemade cookies with fruit yoghurt	Ice cream