



## This is your child's three week menu for the coming term



MENU DATES		
WEEK ONE	WEEK TWO	WEEK THREE
25th February 2008	3rd March 2008	10th March 2008
17th March 2008	24th March 2008	31st March 2008
21st April 2008	28th April 2008	5th May 2008
12th May 2008	19th May 2008	2nd June 2008
9th June 2008	16th June 2008	23rd June 2008
30th June 2008	7th July 2008	14th July 2008
21st July 2008		

The following are all available daily:

a freshly prepared Salad Bar containing 4-6 choices (minimum of 3 with no dressing)

Organic Fresh White & Wholemeal Crusty Bread

Selection of Seasonal Fresh Fruit ~ Yoghurts ~ Cheese & Biscuits ~ Chilled Water



WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dish of the Day 1</b>	Organic Beef Burger in a roll	Chicken Pie served with Mashed Potatoes	Roast Lamb with New Potatoes	Lasagne	Fish Fingers with Chunky Chips or Past
<b>Dish of the Day 2</b>	Quorn Sheperdess Pie	Jacket Potato with vegetarian chilli with lentils	Vegetarian Cous Cous with Tofu	Mixed Pepper Pizza	Vegetarian Goulash with Chick Peas and Rice
<b>Vegetable 1</b>	Carrots	Garden Peas	Cabbage	Roasted Vegetables	Broccoli
<b>Vegetable 2</b>	Coleslaw	Roast Tomatoes	Cauliflower	Baked Beans	Sweetcorn
<b>Dessert</b>	Fruit Cocktail with Ice Cream	Melting Moments	Somerset Apple Cake with Custard	Shortbread Biscuit and Milk	Honey Cake



WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dish of the Day 1</b>	Poultry Sausages with onion Gravy and Creamed Potatoes or Pasta	Shepherds Pie	Roast Turkey with Gravy and New Potatoes or rice	Meat Balls with Rice	Home made Salmon Fishcake Chunky Chips or Mashed Potato
<b>Dish of the Day 2</b>	Vegetarian and Lentil Curry with Rice	Jacket Potato with Baked Beans or Tuna Mayonnaise	Vegetarian Tortilla Bean Stack with Rice	Vegetarian Lasagne with Quorn	Caterhouse Style Pizza
<b>Vegetable 1</b>	Courgettes	Carrots	Red Cabbage	Baked Beans	Roasted Vegetables
<b>Vegetable 2</b>	Cauliflower	Sweet corn	Green Beans	Broccoli	Coleslaw
<b>Dessert</b>	Sliced Pineapple with Natural Yoghurt	Chocolate Cake and Chocolate Sauce	Apple Pie and Custard	Orange Jelly with Mandarins	Fresh fruit Salad with Ice Cream



WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dish of the Day 1</b>	Chicken Wrap	Lamb with Pasta Medley	Roast Chicken with Gravy and New Potatoes or Rice	Spaghetti Bolognaise	Salmon and Tuna Past Bake
<b>Dish of the Day 2</b>	Quorn Bolognaise	Jacket Potato with Baked Beans	Cheese Flan	Vegetarian Plait with Mixed Beans	Caterhouse Style Pizza
<b>Vegetable 1</b>	Roast Tomatoes	Carrots	Garden Reas	Sweet Potato	Coleslaw
<b>Vegetable 2</b>	Courgettes	Cabbage	Cauliflower	Green beans	Garden peas
<b>Dessert</b>	Flapjack and Milk	Apple Crumble with Custard	Iced Topped Sponge with Sliced Cherries	Fresh Fruit Salad with Ice-cream	Chocolate Krispie Cake with Milk



Organic semi skimmed milk and free range eggs will be used.

Red tractor meat will be used in home prepared dishes.

The carbohydrate is incorporated in the whole dish unless otherwise stated.

