



Bracknell Forest Primary Schools

Two Choice Menu


Spring/Summer Menu 2010

| WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday | |
|------------|--|---|--|--|---|---|
| Choice One | Lamb Tacos | Chicken in a Lemon Sauce with Parmesan Crust served with Rice | Roast Lamb served with Roast or New Potatoes | Chicken, Cheese & Tarragon Pie served with Mashed Potatoes | Fish Fingers served with Oven Chips or Rice |  |
| Choice Two | Cheese, Tomato & Basil Tart served with New Potatoes | Quorn Bolognaise | Cheesy Leek Pasta Bake | Vegetable & Chickpea Balti served with Rice | Stuffed Peppers with Quorn & Cous Cous | |
| Vegetables | Mixed Salad Sweetcorn & Red Peppers | Green Beans Carrots | Minted Peas Cauliflower | Broccoli Carrots | Garden Peas Baked Beans | |
| Dessert | Banana Pancake Stack | Date Biscuits | Fresh Fruit Salad & Natural Yoghurt | Lemon Drizzle Cake & Honeyed Yoghurt | Fruit Jelly | |

DATES
Week Commencing

| | WEEK 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|------------|-----------------------------------|-------------------------------|--|--|--|
|  | Choice One | Beef & Spinach Lasagne | Cumin Spiced Lamb Potato Bake | Roast Turkey served with Roast or New Potatoes | Caribbean Chicken Curry served with Rice | Cajun Chicken served with Jacket Wedges |
| | Choice Two | Turkish Vegetable & Houmous Pitta | Home Made Margherita Pizza | Vegetable Paella | Macaroni Cheese | Butterbeans Toulouse served with Jacket Wedges |
| | Vegetables | Crudites Broccoli | Sweetcorn Carrots | Curly Kale Cauliflower | Green Beans Carrot Batons | Peas Mixed Salad |
| | Dessert | Ice Cream & Peaches | Sultana Shortbread | Chocolate & Beetroot Brownie | Fresh Fruit Salad & Natural Yoghurt | Rhubarb Crumble & Custard |

DATES
Week Commencing

| WEEK 3 | Monday | Tuesday | Wednesday | Thursday | Friday | |
|------------|----------------------|-----------------------|--|--|--|---|
| Choice One | Cottage Pie | Chicken Burrito | Roast Beef served with Roast or New Potatoes | Home Made Lamb/Beef Burger served in a Bun | Salmon Fish Fingers served with Oven Chips |  |
| Choice Two | Vegetable Ragu Boats | Quorn Noodle Stir Fry | Spicy Bean Burrito | Homemade Vegetable Burger served in a Bun | Spiced Lattice Pie served with Oven Chips | |
| Vegetables | Mashed Carrot Peas | Broccoli Sweetcorn | Savoy Cabbage Cauliflower | Crudites Peas | Baked Beans Courgettes | |
| Dessert | Cheese & Crackers | Courgette Cake | Pineapple Upside Down Cake & Custard | Baked Cheesecake | Fresh Fruit Salad & Natural Yoghurt | |

DATES
Week Commencing

The following are available daily:

Freshly prepared Salad Bar containing 4-6 choices (minimum of 3 with no dressing)
Organic Fresh White & Wholemeal Crusty Bread

Red Tractor Meat & Marine Stewardship Council (MSC) Fish used in Home Made Dishes
Free Range Eggs

Selection of Seasonal Fresh Fruit - Yoghurts
Chilled Water

The Carbohydrate is incorporated in the whole dish unless otherwise stated

