



Bracknell Forest Primary Schools Autumn/Winter Menu 2009/2010



WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday	
Dish of the Day 1	Cottage Pie	Beef Lasagne	Roast Lamb Served with Roast or New Potatoes	Chicken Pie served with Mashed Potatoes	Salmon Fish Cakes served with Chips or Pasta	
Dish of the Day 2	Roasted Vegetable & Chickpea Cous Cous	Tortilla Stack	Vegetable Crumble	Jacket Potato topped with Baked Beans	Margherita Pizza	
Vegetable 1	Cauliflower	Carrots	Cabbage	Peas	Sweetcorn	
Vegetable 2	Green Beans	Courgettes	Sweetcorn	Baked Beans	Broccoli	
Dessert	Fresh Fruit Salad & Natural Yoghurt	Chocolate Orange Cake & Chocolate Sauce	Apple Crumble & Custard	Jelly & Pineapple	Raisin Shortbread & Milk	
Dates Week Commencing	2009 - 31st Aug, 21st Sept, 12th Oct, 9th Nov, 30th Nov 2010 - 4th Jan, 25th Jan					

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	
Dish of the Day 1	Chicken Curry served with Rice	Home Made Beef Burgers served in a Bun	Roast Turkey served with Roast or New Potatoes	Lamb Pilaf	Fish Fingers served with Chips or Pasta	
Dish of the Day 2	Vegetable Cobbler	Roasted Pepper with Quorn & Cous Cous	Vegetable Lasagne	Quorn & Vegetable Stir Fry served with Noodles	Spicy Vegetable Risotto	
Vegetable 1	Green Beans	Sweetcorn	Brussel Sprouts	Winter Vegetable Medley	Baked Beans	
Vegetable 2	Carrots	Roasted Vegetables	Carrots	Cauliflower	Peas	
Dessert	Ice Cream & Peaches	Fruity Flapjack & Milk	Ginger & Pear Sponge & Custard	Fresh Fruit Salad & Natural Yoghurt	Apple Sponge & Custard	
Dates Week Commencing	2009 - 7th Sept, 28th Sept, 19th Oct, 16th Nov, 7th Dec 2010 - 11th Jan, 1st Feb					

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday	
Dish of the Day 1	Pasta Bolognise	Sweet & Sour Chicken served with Noodles	Roast Chicken served with Roast or New Potatoes	Chilli-Con-Carne served with Rice	Fish Fingers served with Pasta or Chips	
Dish of the Day 2	Jacket Potato topped with Ratatouille	Cheese Flan served with Jacket Wedges	Sweet Potato & Lentil Curry served with Rice	Margherita Pizza	Shepherdess Pie	
Vegetable 1	Green Beans	Broccoli	Curly Kale	Sweetcorn	Baked Beans	
Vegetable 2	Cauliflower	Carrots	Carrot & Parsnip Mash	Courgettes	Peas	
Dessert	Fresh Fruit Salad & Natural Yoghurt	Rice Pudding & Sultanas	Lemon Sponge & Custard	Melting Moments	Banana Loaf & Custard	
Dates Week Commencing	2009 - 14th Sept, 5th Oct, 2nd Nov, 23rd Nov, 14th Dec 2010 - 18th Jan, 8th Feb					

The following are all available daily:

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

Organic Fresh White & Wholemeal Crusty Bread and Organic Fresh Milk

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

The Carbohydrate is incorporated in the whole dish unless otherwise stated

Red Tractor Meat is used in Homemade Dishes

