

# HOT AND PACKED LUNCH MENU WINTER 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Cottage Pie with Finger Roll	Ham & Pineapple Pizza with New Potatoes	Roast Chicken with Roast Potatoes	Fish Fingers with Mashed Potatoes	Chicken & Winter Vegetable Pie with Parsley Potatoes
<b>VEGETARIAN</b>	Cauliflower Cheese Bake with Finger Roll	Quorn Pasta Bolognese with New Potatoes	Cheese Omelette with Roast Potatoes	Tomato & Chickpea Bake with Mashed Potatoes	Vegetable Gratin with Parsley Potatoes
<b>§ JACKET POTATO</b>	Baked Beans (H)	Chicken Slice	Savoury Mince (H)	Cheese	Full of Beans (Mixed Pulses in Tomato Sauce) (H)
<b>VEGETABLES</b>	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Baked Beans	Seasonal Vegetables
<b>DESSERT</b>	Yoghurt or Fresh Fruit	Mixed Fruit Crumble with Custard or Fresh Fruit	Fruit Pot or Fresh Fruit	Pineapple Sponge with Custard or Fresh Fruit	Fruit Muffin or Fresh Fruit

**WEEK ONE  
W/C  
4 JAN  
25 JAN**

§ Served with Portion of Sunflower Spread

\*Pork Product

(H) Hot Topping

**WEEK TWO  
W/C  
11 JAN  
1 FEB**

To ensure quality of dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Beef Lasagne with Brown Roll	Baked Ham with Herby Potatoes	Breaded Fish with Jacket Wedges	Mild Chilli & Rice	Chicken & Pasta Spirals with Garlic Bread
<b>VEGETARIAN</b>	Cheese Salad with Brown Roll	Cheese & Tomato Pizza with Herby Potatoes	Baked Bean Lasagne with Jacket Wedges	Vegetable Curry with Rice	Vegetable Ravioli with Garlic Bread
<b>§ JACKET POTATO</b>	Baked Beans (H)	Salmon in Tomato Sauce (H)	Savoury Mince (H)	Baked Beans (H)	*Ham Slice
<b>VEGETABLES</b>	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Seasonal Vegetables
<b>DESSERT</b>	Rice Pudding or Fresh Fruit	Apple Flapjack or Fresh Fruit	Date & Treacle Sponge with Custard or Fresh Fruit	Yoghurt or Fresh Fruit	Bran Cluster or Fresh Fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	*Sausages with Mashed Potatoes	Beef Pasta Bolognese with Wholemeal Roll	Fish Cake with Diced Potatoes	Roast Beef with New Potatoes	Chicken Curry with Rice
<b>VEGETARIAN</b>	Vegetable Grill with Mashed Potatoes	Egg Salad with Wholemeal Roll	Roast Vegetable Pizza with Diced Potatoes	Macaroni & Cauliflower Cheese with New Potatoes	Vegetable Goulash with Rice
<b>§ JACKET POTATO</b>	Chicken Tikka (H)	Cheese	*Ham Slice	Baked Beans (H)	Tuna & Sweetcorn Mayonnaise
<b>VEGETABLES</b>	Baked Beans	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Seasonal Vegetables
<b>DESSERT</b>	Flapjack or Fresh Fruit	Apple Crumble with Custard or Fresh Fruit	Chocolate & Mixed Fruit Sponge with Custard or Fresh Fruit	Yoghurt or Fresh Fruit	Carrot Cake or Fresh Fruit

**WEEK THREE  
W/C  
18 JAN  
8 FEB**

**WEEK ONE  
PACKED**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PACKED LUNCH STANDARD</b>	Tuna, Salad & Spring Onion in White Bap	Sliced Chicken & Salad in Wholemeal Sandwich	Sliced Cheese & Salad in Wholemeal Bap	Sliced Beef & Salad in White Sandwich	Sliced Ham*, Cheese & Salad in White Sandwich
<b>PACKED LUNCH VEGETARIAN</b>	Egg, Salad & Spring Onion in White Bap	Thai Baby Sweetcorn & Salad Wrap	As Above	Italian Vegetable & Salad Wrap	Creamy Coronation & Salad in White Sandwich
<b>EXTRA ITEMS</b>	Fromage Frais Satsuma	Fruit Flavoured Yoghurt Apple	Box of Raisins & Sultanas Fresh Fruit Pot	Pizza Finger Pear	Box of Raisins & Sultanas Satsuma

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PACKED LUNCH STANDARD</b>	Cheese, Mango Chutney & Salad in Wholemeal Sandwich	Sliced Ham* & Salad in White Bap	Corned Beef & Salad in White Sandwich	Chicken, Light Mayo & Salad in Wholemeal Sandwich	Tuna & Salad in Wholemeal Bap
<b>PACKED LUNCH VEGETARIAN</b>	As Above	Egg Mayonnaise & Salad in White Bap	Vegetable Tikka Pate & Salad in White Sandwich	Crunchy Cajun & Salad in Wholemeal Sandwich	Orange & Basil Pate & Salad in Wholemeal Bap
<b>EXTRA ITEMS</b>	Fruit Muffin Apple	Fromage Frais Fruit Pack	Pizza Finger Fresh Fruit Pot	Fruit Flavoured Yoghurt Pear	Fromage Frais Box of Raisins & Sultanas

**WEEK TWO  
PACKED**

**WEEK THREE  
PACKED**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PACKED LUNCH STANDARD</b>	Soft Cheese & Salad in White Sandwich	Sliced Ham* & Salad in Wholemeal Bap	Red Salmon & Salad in White Sandwich	Sliced Beef & Salad in Wholemeal Bap	Sliced Turkey & Salad in White Sandwich
<b>PACKED LUNCH VEGETARIAN</b>	As Above	Tomato & Herb Pate & Salad in White Sandwich	Cheese & Apple Coleslaw & Salad in Wholemeal Bap	Sliced Egg & Salad Sandwich	Fruity Philadelphia & Salad Wrap
<b>EXTRA ITEMS</b>	Fruit Muffin Satsuma	Fromage Frais Pear	Yoghurt Fresh Fruit Pot	Pizza Finger Satsuma	Fromage Frais Apple