

HOT AND PACKED LUNCH MENU AUTUMN 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Salmon Fish Fingers with Mashed Potatoes	Roast Chicken with Diced Potatoes	* Ham & Tomato Bake with Garlic Bread	Pepperoni Pizza with New Potatoes	Savoury Beef Pie with Mashed Potatoes
VEGETARIAN	Vegetable Grill with Mashed Potatoes	Creamy Vegetable Stack with Diced Potatoes	Bean Pasta Salad with Garlic Bread	Roast Vegetables & Quinoa with New Potatoes	Quorn Pasta Bolognese with Mashed Potatoes
* JACKET POTATO	Bolognese Mince (H)	Chicken & Sweetcorn Mayonnaise	Baked Beans (H)	Cheese (V)	Tuna Mayonnaise
VEGETABLES	Baked Beans	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Seasonal Vegetables
DESSERT	Chocolate & Orange Sponge with Custard or Fresh Fruit	Fromage Frais or Fresh Fruit	Dutch Apple Pie & Custard or Fresh Fruit	Yoghurt or Fresh Fruit	Oat & Raisin Cookie or Fresh Fruit

**WEEK ONE
W/C
30 AUG
20 SEPT
11 OCT**

* Served with Portion of Sunflower Spread

(V) Vegetarian

*Pork Product
(H) Hot Topping

**WEEK TWO
W/C
6 SEPT
27 SEPT
18 OCT**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	* Roast Pork with Jacket Wedges	Turkey Meatballs in Tomato Sauce with Herby Penne Pasta	Chicken Curry with Rice	Breaded Fish with New Potatoes	Beef Pasta Bolognese with Garlic Bread
VEGETARIAN	Baked Bean Pizza with Jacket Wedges	Cheese Salad & Roll	Vegetable Gratin with Rice	Vegetarian Sausages with New Potatoes	Cheese & Potato Pie with Garlic Bread
* JACKET POTATO	Cheese (V)	Baked Beans (H)	BBQ Mince (H)	Cheese (V)	Chicken & Sweetcorn Mayonnaise
VEGETABLES	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Baked Beans	Seasonal Vegetables
DESSERT	Bran Cluster or Fresh Fruit	Mixed Fruit Crumble & Custard or Fresh Fruit	Yoghurt or Fresh Fruit	Banana Bread & Chocolate Custard or Fresh Fruit	Strawberry Muffin or Fresh Fruit

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
MAIN COURSE	* Pork Sausages with Mashed Potatoes	Roast Beef with New Potatoes	Chicken a la King with Rice	Fish Cakes with Diced Potatoes	Lasagne with Herby Potatoes
VEGETARIAN	Baked Bean Lasagne with Mashed Potatoes	Tomato & Spinach Pizza with New Potatoes	Vegetable Curry with Rice	Tomato & Chick Pea Bake with Diced Potatoes	Plain Omelette with Herby Potatoes
* JACKET POTATO	Cheesy Coleslaw (V)	Chicken Tikka (H)	Cheese (V)	Baked Beans (H)	Tuna Mayonnaise
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables
DESSERT	Mixed Fruit Sponge & Custard or Fresh Fruit	Fromage Frais or Fresh Fruit	Apple Crumble & Custard or Fresh Fruit	Rice Pudding or Fresh Fruit	Yoghurt Muffin or Fresh Fruit

**WEEK THREE
W/C
13 SEPT
4 OCT**

**WEEK ONE
PACKED**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PACKED LUNCH STANDARD	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
PACKED LUNCH VEGETARIAN	Egg, Salad & Spring Onion in White Bap	Thai Baby Sweetcorn & Salad Wrap	As Above	Italian Vegetable & Salad Wrap	Creamy Coronation & Salad in White Sandwich
EXTRA ITEMS	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
PACKED LUNCH STANDARD	Cheese & 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
PACKED LUNCH VEGETARIAN	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
EXTRA ITEMS	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
PACKED LUNCH STANDARD	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
PACKED LUNCH VEGETARIAN	As Above	Tomato & Herb Pate & Salad in White Sandwich	Cheese & Apple Coleslaw & Salad in Wholemeal Bap	Sliced Egg & Salad Sandwich	Fruity Philadelphia & Salad Wrap
EXTRA ITEMS	Fruit Muffin Satsuma	Fromage Frais Pear	Yoghurt Fresh Fruit Pot	Pizza Finger Satsuma	Fromage Frais Apple