

# HOT AND PACKED LUNCH MENU SUMMER 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	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
<b>VEGETARIAN</b>	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
<b>* JACKET POTATO</b>	Bolognese Mince (H)	Chicken & Sweetcorn Mayonnaise	Baked Beans (H)	Cheese (V)	Tuna Mayonnaise
<b>VEGETABLES</b>	Baked Beans	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Seasonal Vegetables
<b>DESSERT</b>	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  
**19 APR**  
**10 MAY**

<sup>S</sup> Served with Portion of Sunflower Spread  
(V) Vegetarian  
<sup>P</sup> Pork Product  
(H) Hot Topping

**WEEK TWO**  
W/C  
**26 APR**  
**17 MAY**

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>	* 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
<b>VEGETARIAN</b>	Baked Bean Pizza with Jacket Wedges	Cheese Salad & Roll	Vegetable Gratin with Rice	Vegetarian Sausages with New Potatoes	Cheese & Potato Pie with Garlic Bread
<b>* JACKET POTATO</b>	Cheese (V)	Baked Beans (H)	BBQ Mince (H)	Cheese (V)	Chicken & Sweetcorn Mayonnaise
<b>VEGETABLES</b>	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Baked Beans	Seasonal Vegetables
<b>DESSERT</b>	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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	* 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
<b>VEGETARIAN</b>	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
<b>* JACKET POTATO</b>	Cheesy Coleslaw (V)	Chicken Tikka (H)	Cheese (V)	Baked Beans (H)	Tuna Mayonnaise
<b>VEGETABLES</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables
<b>DESSERT</b>	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  
**3 MAY**  
**24 MAY**

**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 & 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