



## Summer 2008 Menu

| Week 1                        | Monday   | Tuesday                                | Wednesday   | Thursday  | Friday  |
|-------------------------------|--|--|---|---|---|
| <b>Breakfast</b>              | A selection of Rice Krispies, Cornflakes, Weetabix and Toast     |  |   |   |   |
| <b>Snack</b>                  | Oranges  | Pear                                   | Apple   | Cheese and Crackers                             | Pineapple   |
| <b>Lunch</b>                  | Beef Chilli Con Carne served with rice                           | Stir Fry Vegetable served with Noodles | Breaded Cod Fillets Served with Parsley Potatoes Carrot and Sweetcorn | Lamb Bolognaise served with Garlic Bread        | Chicken in Gravy served with Carrots, Peas and New Potatoes         |
| <b>Vegetarian Alternative</b> | Vegetable Chilli Con Carne made with Red Lentil served With Rice | Stir Fry Vegetable served with Noodles | Breaded Aubergine served with Minted Potatoes Carrot and Sweetcorn    | Quorn mince Bolognaise served with Garlic Bread | Fillet of Quorn in Gravy Served with Carrots, Peas and New Potatoes |
| <b>Dessert</b>                | Fruit Yoghurt  | Coco Swirl Cake                        | Fruit Salad   | Semolina with Fruit Jam                         | Cherry Pie served with Custard                                      |

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|-------------------------------|--|-----------------|---|--|---|
| <b>Tea</b>                    | Cheese & Ham Salad served with Jacket Potato | Macaroni Cheese | Mixed Bean Surprise served with Pitta Bread         | Assortment of Sandwiches served with Cucumber and Carrots Sticks | Pilchards in a Pepper and Tomato Sauce served with Couscous |
| <b>Vegetarian Alternative</b> | Cheese Salad served with Jacket Potato       | Macaroni Cheese | Mixed Bean Surprise served with toasted Pitta Bread | Assortment Of Sandwiches served with Cucumber and Carrots Sticks | Pepper and Tomato Sauce served with Couscous                |
| <b>Pudding</b>                | Apple  | Melon           | Strawberries  | Banana   | Pears   |



## Summer 2008 Menu

| Week 2                        | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|-------------------------------|---|--|--|---|--|
| <b>Breakfast</b>              | A selection of Rice Krispies, Cornflakes, Weetabix and Toast    |  |  |   |  |
| <b>Snack</b>                  | Apple   | Celery and Cheese  | Oranges  | Cucumber and Carrot Sticks                                  | Banana   |
| <b>Lunch</b>                  | Mexican Chicken served With warm Tortillas                      | Cod Mornay served with Peas, Sweetcorn and minted new Potatoes       | Turkey Madras served with Fruity Rice                | Sausages served with Baked Beans and Creamed Potato         | Vegetable Risotto  |
| <b>Vegetarian Alternative</b> | Quorn fillet with Mexican Vegetables served with Warm Tortillas | Vegetable Mornay served with Peas, Sweetcorn and minted new Potatoes | Butternut Madras served with Fruity Rice             | Quorn Sausages served with Baked Beans and Creamed Potatoes | Vegetable Risotto  |
| <b>Dessert</b>                | Fruit Salad   | Fruit Yoghurt  | Apple Crumble served with Custard                    | Banana and Custard  | Fruit Flap Jack Ice Cream  |
| <b>Tea</b>                    | Cheese Quiche served with Plum Tomatoes New boiled Potatoes     | Spring Roll served with Savoury Noodles                              | Cheese & Ham Ploughman's served with a warm Baguette | Homemade Pizza served with Salad Sticks                     | Jacket Potato served with Tuna & Sweetcorn                       |
| <b>Vegetarian Alternative</b> | Quiche served with Plum Tomatoes New boiled Potatoes            | Spring Roll served with Savoury Noodles                              | Cheese Ploughman's served with a Warm Baguette       | Homemade Pizza served with Salad Sticks                     | Jacket Potato served with Cheese, beans roasted veg or sweetcorn |
| <b>Pudding</b>                | Melon   | Pear   | Pineapple  | Strawberries  | Apple  |



## Summer 2008 Menu

| Week 3                        | Monday   | Tuesday   | Wednesday                      | Thursday                                       | Friday  |
|-------------------------------|--|---|--------------------------------|--|---|
| <b>Breakfast</b>              | A selection of Rice Krispies, Cornflakes, Weetabix and Toast |   |                                |  |   |
| <b>Snack</b>                  | Dairylea and Bread Stick                                     | Pear  | Apple                          | Pineapple                                      | Cheese and Crackers                             |
| <b>Lunch</b>                  | Ham and Mushroom Carbonara served with a Green Salad         | Savoury Minted Lamb served with Potatoes and Mixed Vegetable's          | Chicken Pilau                  | Beef Lasagne served with Garlic Bread or Salad | Fisherman's Pie served with Green Beans         |
| <b>Vegetarian Alternative</b> | Mushroom Carbonara served with a Green Salad                 | Savoury Minted Quorn served with Parsley Potatoes and Mixed Vegetable's | Quorn, Mushroom and leek Pilau | Vegetable Lasagne served with Garlic Bread     | Broccoli and Carrot Pie served with Green Beans |
| <b>Dessert</b>                | Peach Crumble  | Semolina with Jam   | Fruit Yoghurt                  | Fruit Salad                                    | Apple and Cinnamon Cake                         |

|                               |                                  |  |  |  |   |
|-------------------------------|----------------------------------|--|--|--|---|
| <b>Tea</b>                    | Ratatouille served with Couscous | Assortment of Sandwiches served with Cucumber and Carrots Sticks | Sausage in a Bun served with Salad Sticks            | Egg or Cheese Salad served with New Potatoes | Tomato & Herb Pasta Bake topped with Cheese |
| <b>Vegetarian Alternative</b> | Ratatouille served with Couscous | Assortment of Sandwiches served with Cucumber and Carrot Sticks  | Vegetarian Sausage in a Bun served with Salad Sticks | Egg or Cheese Salad served with New Potatoes | Tomato & Herb Pasta Bake topped with Cheese |
| <b>Pudding</b>                | Strawberries                     | Oranges  | Melon  | Banana                                       | Pear  |



## Summer 2008 Menu

| Week 4                        | Monday   | Tuesday                     | Wednesday   | Thursday  | Friday  |
|-------------------------------|--|-----------------------------|---|---|---|
| <b>Breakfast</b>              | A selection of Rice Krispies, Cornflakes, Weetabix and Toast |                             |   |   |   |
| <b>Snack</b>                  | Peach  | Strawberries                | Dairyless and bread Stick                                 | Apple   | Melon   |
| <b>Lunch</b>                  | Salmon Crumble served with Sweetcorn and Green Beans         | Mushroom and Pepper Risotto | Cauliflower Cheese served with Broccoli and Jacket Potato | Chicken in Gravy served with Carrots, Peas and Roast Potatoes         | Pork cooked in a Creamy Tomato and Pepper Sauce served with Pasta Twist |
| <b>Vegetarian Alternative</b> | Mixed Vegetable Crumble served with Sweetcorn Green Beans    | Mushroom and Pepper Risotto | Cauliflower Cheese served with Broccoli and Jacket Potato | Fillet of Quorn in Gravy served with Carrots, Peas and Roast Potatoes | Creamy Tomato mushrooms and white Sauce served with Pasta Twist         |
| <b>Dessert</b>                | Lemon Rice   | Fruit Salad                 | Jelly and Ice Cream                                       | Banana Cake   | Fruit Yoghurt   |

|                               |  |                                   |  |  |  |
|-------------------------------|--|-----------------------------------|--|--|--|
| <b>Tea</b>                    | Baked Bean and Spinach with Breadcrumb Topping   | Fruity Curry served with Couscous | Sardines cooked in a Chill and Tomato Sauce served with Pasta shells             | Homemade Pizza served with Salad Stick | Cheddar Cheese Ploughman's Warm Baguette |
| <b>Vegetarian Alternative</b> | Baked Bean and Spinach with a Breadcrumb Topping | Fruity Curry Served with Couscous | Mushroom and Pepper cooked in a Chilli and Tomato Sauce served with Pasta shells | Homemade Pizza served with Salad Stick | Cheddar Cheese Ploughman's Warm Baguette |
| <b>Pudding</b>                | Apple  | Pineapple                         | Pear   | Oranges                                | Banana                                   |