



Primary Menu



Week commencing 24/9/07, 22/10/07, 19/11/07, 17/12/07, 14/1/08,

Week commencing 11/2/08, 10/3/08, 7/4/08, 5/5/08, 2/6/08, 30/6/08

Monday

Breaded Salmon Nuggets
Served with Chipped Potatoes,
Spaghetti Rings in Tomato Sauce,
Salad Garnish
& Wholemeal Bread

Pears in Custard Sauce



Tuesday

Oven Baked Low Fat
Sausages & Gravy
Served with Creamed Potatoes,
Carrot Roundels
& Sweetcorn

Iced Fruit Smoothie



Week One Wednesday

Golden Cheese Wheels
Served with Jacket Potato/Jacket
Wedges, Baked Beans, Raw
Vegetable Platter
& Wholemeal Bread

Mini Chocolate Muffin & Fruit



Thursday

Roast Loin of Pork
with Apple Sauce & Gravy
Served with Boiled & Roast
Potatoes, Shredded Cabbage &
Cauliflower

Apple & Apricot Crumble & Custard



Friday

Chicken Tikka/Rogan
Josh/Jalfrezi
Served with Wholegrain Rice,
Sweetcorn & Flatbread

Fruit Salad

Week commencing 3/9/07, 1/10/07, 29/10/07, 26/11/07, 24/12/07, 21/1/08,

Week commencing 18/2/08, 17/3/08, 14/4/08, 12/5/08, 9/6/08, 7/7/08,

Monday

Oven Baked Cod Fish Cake
Served with Chipped Potatoes,
Baked Beans, Salad Garnish &
Crusty Bread

Fruit Yoghurt



Tuesday

Roast Chicken Breast & Gravy
Served with Boiled & Roast
Potatoes, Broccoli
& Carrot Batons

Chocolate Cornflake Crisp

Week Two Wednesday

99% Beefburger
in a Reduced Salt Bun
Served with Jacket Wedges,
Carrot & Cucumber Batons

Creamy Rice Pudding



Thursday

Roasted Welsh Topside of Beef
& Yorkshire Pudding
Served with Boiled & Roast
Potatoes, Cauliflower
& Garden Peas & Gravy

Vanilla/Strawberry Ice Cream Tub



Friday

Cheese & Tomato/Cheese
& Baked Bean Pizza
Served with Jacket Potato,
Coleslaw, Salad Garnish &
Wholemeal Bread

Toffee Apple Tart & Custard Sauce

Week commencing 10/9/07, 8/10/07, 5/11/07, 3/12/07, 31/12/07, 28/1/08,

Week commencing 25/2/08, 24/3/08, 21/4/08, 19/5/08, 16/6/08, 14/7/08,

Monday

Savoury Meatballs in Rich Gravy
Served with Pasta Fusilli/Pasta
Shells, Mixed Vegetables & Crusty
French Bread

St Clements Sponge & Custard
Sauce



Tuesday

Home Cooked Cottage Pie with Gravy
Served with Roast Potato,
Garden Peas
& Julienne Carrots

Chocolate Pudding
& Chocolate Sauce



Week Three Wednesday

Gammon Steak
Served with Cheese & Potato
Savoury, Baked Beans & Crusty
French Stick

Fruit Muesli Cookie
& Fruit Juice



Thursday

Roast Turkey Breast/Turkey
Escalope, Stuffing & Gravy
Served with Boiled & Roast
Potatoes, Broccoli
& Sweetcorn

Jelly & Ice Cream

Friday

Oven Baked Salmon Fingers
Served with Croquette Potatoes,
Spaghetti Rings in Tomato Sauce,
Salad Garnish
& Wholemeal Bread

Treacle Sponge Pudding & Custard

Week commencing 17/9/07, 15/10/07, 12/11/07, 10/12/07, 7/1/08, 4/2/08,

Week commencing 3/3/08, 31/3/08, 28/4/08, 26/5/08, 23/6/08, 21/7/08,

Monday

Golden Baked Breaded
Fish Finger
Served with Chipped Potatoes,
Garden Salad, Coleslaw &
Wholemeal Bread

Flapjack & Custard Sauce



Tuesday

Oven Baked Corned Beef Pie & Gravy
Served with Boiled Potatoes, Swede
& Carrot Mash, Peas

Banoffee Muffin Bake
& Custard Sauce



Week Four Wednesday

Spaghetti Bolognese & Cheese
Served with Penne Pasta,
Salad Garnish
& French Stick

Iced Sponge
& Fruit Wedges

Thursday

Roast Welsh Lamb,
Mint Sauce & Gravy
Served with Boiled & Roast
Potatoes, Carrot Roundels &
Shredded Cabbage

Farmhouse Sponge & Custard



Friday

Oven Baked Turkey Fillet
in BBQ Sauce
Served with Savoury Vegetable
Rice, Sweetcorn & Flatbread

Arctic Roll

Bread is available unlimited every day. Fresh Fruit is always an alternative to the main pudding. Vale Catering Services reserve the right to change products subject to availability.