

Week commencing 3/5/10, 31/5/10,

## Week One

Week commencing 28/6/10, 13/9/10, 11/10/10

### Monday

Sweet Chilli/Gravy  
Meatballs served with  
Wholegrain Rice/Pasta,  
Sweetcorn & Carrot Batons  
\*\*\*  
Fruit Flapjack & Vanilla  
Sauce



### Tuesday

Homemade Tomato & Basil  
Soup served with  
Hot Dog or  
Cheese Baguette  
& Seasonal Salad  
\*\*\*  
Jelly & Ice Cream



Bolognese Sauce  
served with  
Pasta Spirals, Grated Cheese  
& Crusty Bread  
\*\*\*  
Luxury Chocolate Cake  
& Fruit Slices



### Thursday

Roast Chicken & Stuffing in  
a Rich Gravy served with  
Boiled & Roast Potatoes  
Seasonal Vegetables  
\*\*\*  
Raspberry Ripple  
Mousse



### Friday

Salmon Nuggets served with  
Chipped Potatoes  
Baked Beans in Tomato Sauce  
& Salad Bowl  
\*\*\*  
Vanilla Sponge  
& Chocolate Sauce

Week commencing 12/4/10, 10/5/10, 7/6/10

## Week Two

Week commencing 5/7/10, 20/9/10, 18/10/10

### Monday

Oven Baked Sausages  
served with Chipped Potatoes,  
Baked Beans in Tomato Sauce  
& Side Salad  
\*\*\*  
Oat Cookie &  
Fruit Slices & Milk Shake



### Tuesday

Wholemeal Margarita Pizza  
Wedge served with Potato  
Croquettes, Spaghetti  
in Tomato Sauce  
\*\*\*  
Ice Cream Tub  
& Fruit Wedges



### Wednesday

Smokey Joe/Chicken Fillet  
served with Jacket Wedges,  
Coleslaw & Side Salad  
\*\*\*  
Apple Spice  
Muffin Bake  
& Custard Sauce



### Thursday

Roast Welsh Lamb & Mint Sauce  
in Rich Gravy served with Boiled  
& Roast Potatoes & Seasonal  
Vegetables  
\*\*\*  
Iced Sponge &  
Fruit Slices



### Friday

Fish Fingers Served with  
Potato & Vegetable Cake  
Garden Peas  
& Parsley Sauce  
\*\*\*  
Jaffa Cake  
& Fruit Slices



Week commencing 19/4/10, 17/5/10, 14/6/10

## Week Three

Week commencing 12/7/10, 27/9/10

### Monday

McVales Breaded Chicken  
Burger in a Bun  
Served with Jacket Wedges  
& Baked Beans  
\*\*\*  
Chocolate Crispy Wedge  
& Fruit Slices



### Tuesday

Chicken  
Tikka/Korma/Casserole  
served with Wholegrain Rice,  
Salsa Salad  
& Flat Bread  
\*\*\*  
Fruit Yoghurt



### Wednesday

Salmon Fish Cake/Salmon  
Fish Fingers  
served with Chipped Potatoes  
& Spaghetti in Tomato Sauce  
\*\*\*  
Apple & Mandarin Crumble  
& Custard Sauce



### Thursday

Roast Pork Loin & Apple Sauce in  
Rich Gravy served with Boiled &  
Roast Potatoes &  
Seasonal Vegetables  
\*\*\*  
Fairy Cake  
with Fruit Wedge



### Friday

Oven Baked Gammon  
served with Seasonal Salad  
Boiled Potatoes, Beetroot &  
Coleslaw  
\*\*\*  
Fruit Sponge  
& Custard Sauce



Week commencing 26/4/10, 24/5/10, 21/6/10

## Week Four

Week commencing 6/9/10, 4/10/10

### Monday

BBQ Hot Chicken or Sweet Chilli  
Chicken Tortilla Wrap/Baguette  
Served with Seasonal Salad  
\*\*\*  
Chocolate Crunch  
& Chocolate Sauce



### Tuesday

Savoury Mince & Pasta  
Spirals/Mashed Potato served  
with Sweetcorn  
& Garden Peas Medley  
\*\*\*  
Madeline Sponge  
& Fruit Slices



### Wednesday

Chicken Korma  
Pin Wheel/Cheese Wheel  
served with Potato Croquettes  
& Garden Salad  
\*\*\*  
Treacle Tart  
with Custard Sauce



### Thursday

Roast Beef with a Rich Gravy  
served with Boiled  
& Roast Potatoes  
& Seasonal Vegetables  
\*\*\*  
Iced Sponge  
& Fruit Wedges



### Friday

Salmon Crunchies served  
with Chipped Potatoes,  
Garden Peas  
& Seasonal Salad  
\*\*\*  
Mini Jam Doughnut  
or Fresh Fruit Salad



Summer  
Term

See the  
launch of  
our new  
Baguette/  
Dessert  
Lunch  
alternative  
to the  
Main  
Meal

