



SPRING TERM MENU 2012



WK1 & WK 4 MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pesto Pasta With cheese topping	Stir fried chicken (free-range) chow-mein with noodles	Outdoor reared roasted pork, apple sauce, roast potatoes & gravy	Lasagne & organic garlic bread	Salmon fish Fingers, chips & beans with ketchup
Vegetarian Option	Veggie Omelette & new potato salad	Vegetable loaf & wedges	Ratatouille with a parmesan and herb crumble topping	Root vegetable & red lentil casserole with herby dumplings	Oriental stir-fried vegetable spring rolls with chips
Jacket Potato Fillings	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo
Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables
Additional Extras Served Daily	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar

WK2 & WK 5 MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Cheese & tomato pizza with potato wedges	Organic bolognaise sauce with pasta shells	Free range roast chicken dinner with stuffing & roasted potatoes	Outdoor reared sausages with a Yorkshire pudding gravy & new pots	Breaded fishcakes with lemon mayo & veggie couscous
Vegetarian Option	Penne pasta Carbonara	Mild Thai vegetable & lentil curry with rice & naan bread	Vegetable puff pastry pie with roast potatoes	Cheese, onion & tomato quiche with herby new potatoes	Vegetable & beanie hot wraps with couscous
Jacket Potato Fillings	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo
Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables
Additional Extras Served Daily	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar

WK3 & WK 6 MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Macaroni cheese & organic garlic bread	Homemade chicken & veg pie with puff pastry topping	WK 3 -Roast Beef WK 6 – Roast Lamb with roast potatoes & gravy	Cottage pie made with organic mince	Pollock in breadcrumbs with potato wedges, peas & ketchup
Vegetarian Option	Veggie sausage roll with mash and gravy	Potato, pepper and cheese frittata	Broccoli & cauliflower bake with organic garlic bread	Beanie burger in a brown roll with salad and tomato sauce	Vegetable lasagne, & organic garlic bread
Jacket Potato Fillings	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo
Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables	2 x Seasonal Vegetables
Additional Extras Served Daily	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar	Water, Wholemeal Bread, Fresh Fruit & Salad Bar

Desserts – To allow the Kitchen more flexibility to include ‘seasonal’ fruits in the desserts one of the following desserts will be on offer along with a fresh fruit platter daily: Fruit Crumbles with Custard, Blueberry Muffins, Fruit & Oat Cookies, Fruit Cheesecake, Rice Pudding, Yoghurt, Organic Chocolate Muffins, Fruit Flapjacks, Apple & Cinnamon Muffins, Fairtrade Banana Cake, Fruit Loaf & Fruit Scones. Seasonal Vegetables: A selection of our vegetables will now be organic

MSC Fish	Oily Fish	Organic Produce	Seasonal Produce
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