

HOT LUNCH MENU WINTER 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cottage Pie with Finger Roll	Ham & Pineapple Pizza with New Potatoes	Roast Chicken with Roast Potatoes	Fish Fingers with Mashed Potatoes	Chicken & Winter Vegetable Pie with Parsley Potatoes
VEGETARIAN	Cauliflower Cheese Bake with Finger Roll	Quorn Pasta Bolognaise with New Potatoes	Cheese Omelette with Roast Potatoes	Tomato & Chickpea Bake with Mashed Potatoes	Vegetable Gratin with Parsley Potatoes
* JACKET POTATO	Baked Beans (H)	Chicken Slice	Savoury Mince (H)	Cheese	Full of Bean (Lentils & Chickpeas in Tomato Sauce) (H)
VEGETABLES	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Baked Beans	Seasonal Vegetables
DESSERT	Yoghurt or Fresh Fruit	Mixed Fruit Crumble with Custard or Fresh Fruit	Fruit Pot or Fresh Fruit	Pineapple Sponge with Custard or Fresh Fruit	Fruit Muffin or Fresh Fruit

**WEEK ONE
W/C
2 NOV
23 NOV
14 DEC**

^s Served with a Portion of Sunflower Spread

*Pork Product

(H) Hot Topping

**WEEK TWO
W/C
9 NOV
30 NOV**

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
MAIN COURSE	Beef Lasagne with Brown Roll	Baked Ham with Herby Potatoes	Breaded Fish with Jacket Wedges	Mild Chilli with Black Eyed Beans & Rice	Chicken & Pasta Spirals with Garlic Bread
VEGETARIAN	Egg Salad with Brown Roll	Cheese & Tomato Pizza with Herby Potatoes	Baked Bean Lasagne with Jacket Wedges	Vegetable Curry with Rice	Vegetable Ravioli with Garlic Bread
* JACKET POTATO	Salmon in Tomato Sauce (H)	Baked Beans (H)	Savoury Mince (H)	Baked Beans (H)	*Ham Slice
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Seasonal Vegetables
DESSERT	Rice Pudding or Fresh Fruit	Apple Flapjack or Fresh Fruit	Date & Treacle Sponge with Custard or Fresh Fruit	Yoghurt or Fresh Fruit	Bran Cluster or Fresh Fruit

**WEEK THREE
W/C
16 NOV
7 DEC**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	*Sausages with Mashed Potatoes	Beef Pasta Bolognaise with Wholemeal Roll	Fish Cake with Diced Potatoes	Roast Beef with New Potatoes	Chicken Curry with Rice
VEGETARIAN	Vegetable Grill with Mashed Potatoes	Cheese Salad with Wholemeal Roll	Roast Vegetable Pizza with Diced Potatoes	Macaroni & Cauliflower Cheese with New Potatoes	Vegetable Goulash with Rice
* JACKET POTATO	Cheese	Chicken Tikka (H)	*Ham Slice	Baked Beans (H)	Tuna & Sweetcorn Mayonnaise
VEGETABLES	Baked Beans	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Seasonal Vegetables
DESSERT	Flapjack or Fresh Fruit	Apple Crumble with Custard or Fresh Fruit	Chocolate & Mixed Fruit Sponge with Custard or Fresh Fruit	Yoghurt or Fresh Fruit	Carrot Cake or Fresh Fruit

**Week three, w/c 7 DEC, will be our Christmas Meal week.
Menu and order form to follow.**