


# Week 1 menu

Week 1 menu will commence on the following weeks  
2013: 22nd April, 13th May, 3rd June, 24th June, 29th August, 16th September, 7th October, 4th November.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tuna Pasta Bake</b> Garlic Bread Slice Sweetcorn Crudité of Vegetables	<b>Roast Turkey and Stuffing</b> Roast Potatoes Fresh Spring Cabbage Carrot Batons, Gravy	<b>Sweet Chilli Chicken Wrap</b> Savoury Rice, Garden Peas <b>Arpita's Healthy Coleslaw</b>	<b>Cottage Pie (Non Beef Schools Shepherds Pie)</b> New Potatoes Seasonal Chunky Mixed Vegetables Broccoli Florets, Gravy	<b>Fish Fingers</b> Chips Garden Peas Baked Beans 
<b>Jacket Potato with Cheese and Baked Beans</b> Sweetcorn Fresh Garden Salad	<b>Quorn Dippers</b> Creamed Potatoes Carrot Batons Plum Tomatoes	<b>Margherita Pizza</b> Herby Potato Wedges Garden Peas Leafy Green Salad	<b>Vegetarian Toad in the Hole</b> Parsley Potatoes Seasonal Chunky Mixed Vegetables Broccoli Florets, Gravy	<b>Vegetarian Burger</b> Chips or Jacket Potato Baked Beans Seasonal Mixed Salad
Garlic Bread Fresh Garden Salad	Farmhouse Slice Seasonal Crunchy Salad	French Stick <b>Arpita's Healthy Coleslaw</b>	Wholemeal Bread Wedge Fresh Tossed Salad	Onion Bread Seasonal Mixed Salad
Steamed Jam Sponge and Custard <b>or</b> Chocolate Haystack	Iced Finger <b>or</b> Jambo	Crunchy Apple Cake and Custard <b>or</b> Jelly & Fruit	Yum Yum Biscuits <b>or</b> Toffee Eclairs	Lemon Pancakes <b>or</b> Cheese and Biscuits

N.B. Menu change: If your school is involved with the St George's Day promotion on 23rd April the menu will be swapped and the Roast Turkey will be served on 14th May.

...We use seasonal vegetables where possible

# Week 2 menu

Week 2 menu will commence on the following weeks  
2013: 29th April, 20th May, 10th June, 1st July, 2nd September, 23rd September, 14th October, 11th November.

<b>Beef Lasagne (Non Beef Schools Lamb Lasagne)</b> Tomato Bread Sweetcorn Green Beans	<b>Roast Beef and Yorkies (Non Beef Schools Honey Roast Gammon)</b> Roast Potatoes Fresh Savoy Cabbage Carrot Roundels, Gravy	<b>Pork Chow Mein</b> Spicy Rice Garden Peas Sweetcorn 	<b>Hunters Chicken with Barbeque Sauce</b> Pasta Twists Broccoli Florets Seasonal Mixed Vegetables	<b>Meatfeast Pizza or Fish Bites</b> Chips Garden Peas Coleslaw
<b>Jacket Potato and Tuna</b> Sweetcorn Mayo or Grated Cheese Fresh Salad Leaves Crudité of Vegetables	<b>Cheese Flan</b> Minted New Potatoes Coleslaw Fresh Crunchy Salad	<b>Vegetable Lasagne</b> 1/2 Jacket Potato Sweetcorn Seasonal Garden Salad	<b>Vegetarian Shepherds Pie</b> Potato Wedges Broccoli Florets Seasonal Mixed Vegetables, Gravy	<b>Vegetable Sausages</b> Chips or New Potatoes Baked Beans Garden Peas
Tomato Bread  Fresh Salad Leaves	Granary Slice Fresh Crunchy Salad	French Stick Seasonal Garden Salad	Poppy Seed Bread Fresh Leafy Salad	Crusty Bread Crudité of Vegetables
Chocolate Sponge and Chocolate Sauce <b>or</b> Oaty Cookie	Rice Pudding <b>or</b> Orange Jelly and Cream	Ginger Biscuit <b>or</b> Apple Crumble and Custard	<b>Cole's Lemon Syrup Cake</b> <b>or</b> Golden Cracknell	Ice Cream drizzled with Raspberry Sauce <b>or</b> Iced Sponge

Fruit & Yoghurts are available daily

# Week 3 menu

Week 3 menu will commence on the following weeks  
2013: 6th May, 17th June, 8th July, 9th September, 30th September, 28th October.

<b>Spaghetti Bolognese (Non Beef Schools Lamb)</b> Garlic Bread Fresh Carrot Sticks Garden Salad	<b>Roast Pork and Apple Sauce</b> Creamed Potatoes Broccoli Florets Seasonal Mixed Vegetables, Gravy	<b>Ayush's Chicken Keema Wrap with Mint and Yoghurt Raita</b> Vegetable Rice Sweetcorn Seasonal Tossed Salad	<b>Chicken Pie</b> Minted New potatoes Fresh Cabbage Carrot Batons Gravy	<b>Sausages or Salmon Fish Fingers</b> Chips Sweetcorn Baked Beans 
<b>Samosa Pie</b> Boiled Potatoes Green Beans Garden Salad 	<b>Quorn Tikka Masala</b> Rice Broccoli Florets Fresh Crunchy Salad	<b>Cooks Choice Pizza</b> Spicy Potato Wedges Sweetcorn Garden Peas	<b>Tomato Pasta Bake</b> Oaty Twist Bread Carrot Batons Fresh Mixed Salad	<b>Vegetable Bites</b> Chips or Jacket Potato Sweetcorn Fresh Salad Leaves
Garlic Naan Bread Garden Salad	Cheese Plait Fresh Crunchy Salad	Chunky Bread Wedge Seasonal Tossed Salad	Oaty Twist Bread Fresh Mixed Salad	Farmhouse Slice Fresh Salad Leaves
Butterscotch Whip <b>or</b> Chocolate Krispie	Lemon and Lime Cupcake with Lemon Sauce <b>or</b> Afghan Biscuits	Ring Donuts dusted in Icing Sugar <b>or</b> Toffee Apple Slice & Custard	Fresh Fruit Salad <b>or</b> Summer Fruit Muffin	Arctic Roll <b>or</b> Shortbread Finger