

Summer Term_ Set Menu 1

Weeks commencing 12/04/10, 03/05/10, 24/05/10, 21/06/10, 12/07/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Fish Nuggets & Tomato Ketchup	• Roast Pork & Apple Sauce	• Chicken Korma	• Spaghetti Bolognaise	• Roast Turkey & Stuffing
Carbohydrates	Chips Jacket Potatoes Choice of Bread	Mashed Potato Choice of Bread	Rice Choice of Bread	Spaghetti Choice of Bread	Boiled Potatoes Choice of Bread
Vegetables / Salad	Baked Beans Mixed Vegetables Selection of Salad	Cabbage Swede/Carrot Selection of Salad	Garden Peas Sweetcorn Selection of Salad	Broccoli Carrots Selection of Salad	Cauliflower Green Beans Selection of Salad
Desserts	• Chocolate Crackle Fresh Fruit Low Fat Yoghurt	• Baked Orange Sponge & Custard Fresh Fruit Frozen Yoghurt or Frozen Smoothie	• Sticky Flapjack & Custard Fresh Fruit Low Fat Yoghurt	Hungarian Chocolate Biscuit Fresh Fruit Low Fat Yoghurt	• Fresh Fruit Salad & Natural Yoghurt Fresh Fruit Low Fat Yoghurt

- Please note: - Individual schools may also offer a salad bar or sandwich option as an alternative to a hot meal. – Please contact your school for details
- Please be aware that these dishes may contain traces of nut or nut derivatives
- Special dietary requirements can be catered for, please contact your school for details
- It may be necessary to change the menu without prior notice
- • Denotes dishes that are freshly made in the kitchen

Summer Term_ Set Menu 2

Weeks commencing 19/04/10, 10/05/10, 07/06/10, 28/06/10, 19/07/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	• Cheese & Bacon Pasta	• Minced Beef Pie	• Roast Chicken & Stuffing	Crumbed Fish & Tomato Ketchup	• Sausage & Yorkshire Pudding
Carbohydrates	Jacket Potato Choice of Bread	Potato Wedges Choice of Bread	Boiled Potatoes Choice of Bread	Chips Duchesse Potatoes Choice of Bread	Roast Potatoes New Potatoes Choice of Bread
Vegetables / Salad	Garden Peas Carrots Selection of Salad	Mixed Vegetables Broccoli Selection of Salad	Carrots Green Beans Selection of Salad	Mushy Peas Sweetcorn Selection of Salad	Cauliflower Mixed Vegetables Selection of Salad
Desserts	• Fruit Muffin Fresh Fruit Low Fat Yoghurt	• Flapjack & Custard Fresh Fruit Low Fat Yoghurt	Fresh Fruit Low Fat Yoghurt Frozen Yoghurt or Frozen Smoothie	• Wellington Fudge & Pink Sauce Fresh Fruit Low Fat Yoghurt	• Banana & Ice Cream Fresh Fruit Low Fat Yoghurt

- Please note: - Individual schools may also offer a salad bar or sandwich option as an alternative to a hot meal. – Please contact your school for details
- Please be aware that these dishes may contain traces of nut or nut derivatives
- Special dietary requirements can be catered for, please contact your school for details
- It may be necessary to change the menu without prior notice
- • Denotes dishes that are freshly made in the kitchen

Summer Term_ Set Menu 3

Weeks commencing 26/04/10, 17/05/10, 14/06/10, 05/07/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Fishcake & Tomato Ketchup	• Roast Beef & Yorkshire Pudding	• Meat Feast Pizza	• Roast Turkey & Stuffing	• Lasagne
Carbohydrates	Potato Wedges Choice of Bread	Herby Potatoes Choice of Bread	Cajun Potato Slices Choice of Bread	Roast Potatoes Boiled Potato Choice of Bread	Jacket Potato Choice of Bread
Vegetables / Salad	Garden Peas Sweetcorn Selection of Salad	Carrots Broccoli Selection of Salad	Baked Beans Garden Peas Selection of Salad	Mixed Vegetables Baby Carrots Selection of Salad	Baby Sweetcorn Green Beans Selection of Salad
Desserts	• Shortcake & Custard Fresh Fruit Low Fat Yoghurt	Frozen Yoghurt or Frozen Smoothie Fresh Fruit Low Fat Yoghurt	• Melting Moment Fresh Fruit Low Fat Yoghurt	• Fruit Jelly Fresh Fruit Low Fat Yoghurt	• Iced Cornflake Special & Custard Fresh Fruit Low Fat Yoghurt

- Please note: - Individual schools may also offer a salad bar or sandwich option as an alternative to a hot meal. – Please contact your school for details
- Please be aware that these dishes may contain traces of nut or nut derivatives
- Special dietary requirements can be catered for, please contact your school for details
- It may be necessary to change the menu without prior notice
- • Denotes dishes that are freshly made in the kitchen