

'The Meal Wagon'

Spring Term Menus

Produce sourced from local suppliers

Menu 1. Weeks Commencing (For 22/02/10 please see reverse), 15/03/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	*Sausages	*Steak Pie	* Chicken Tikka Masala	Fishcake & Tomato Ketchup	*Gammon & Pineapple
Carbohydrates	Mashed Potatoes	Jacket Potatoes	Rice Naan Bread	Chips Herby Potatoes	Roast Potatoes Boiled Potatoes
Vegetables/ Salad	Baked Beans Mixed Vegetables	Broccoli Sweetcorn	Carrots Green Beans	Sweetcorn Mushy Peas	Carrots Spring Greens
Desserts	*Pears & Hot Chocolate Sauce	Frozen Yoghurt	*Ground Rice Pudding & Jam Sauce	*Steamed Chocolate Sponge & Custard	*Fruit Salad & Natural Yoghurt

Menu 2. Weeks Commencing 01/03/10, (For 22/03/10 please see reverse),

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	*Beefburger	*Roast Pork & Apple Sauce	*Beef Cobbler	Fishfinger & Tomato Ketchup	*Savoury Mince
Carbohydrates	Bread Roll & Jacket Potato	Roast Potatoes Boiled Potatoes	Mashed Potato	Herby Potatoes	Pasta
Vegetables/ Salad	Carrots Garden Peas	Cabbage Mixed Vegetables	Broccoli Sweetcorn	Garden Peas Baked Beans	Sweetcorn Garden Peas
Desserts	*Blueberry Muffin	*Rice Pudding & Apricots	*Chocolate Crackle	*Wellington Fudge & Pink Sauce	*Sticky Flapjack & Custard

Menu 3. Weeks Commencing 08/03/10,


	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Crumbed Fish & Tomato Ketchup	*Beef Stew	*Cheese & Tomato Pizza	*Cottage Pie	*Roast Chicken & Stuffing
Carbohydrates	Chips Herby Potatoes	Mashed Potato	Potato Wedges	Crusty Bread	Roast Potatoes Boiled Potatoes
Vegetables/ Salad	Sweetcorn Garden Peas	Cauliflower Swede/Carrot	Baked Beans Mixed Vegetables	Broccoli Carrots	Cabbage Green Beans
Desserts	*Cherry Scone	*Banana & Custard	* Flapjack & Custard	*Jelly & Tinned Fruit	*Sponge & Custard

A selection of bread and salad will be available each day
Fresh drinking water will be available each day
A selection of fruit & yoghurts will be available each day



Please Note:

- * denotes dishes that are freshly made in the kitchen
- Please be aware that these dishes may contain traces of nut or nut derivatives
- It may be necessary to change the menu without prior notice

Menu 1. Weeks Commencing 22/02/10

	Monday	Tuesday Belated Pancake Day	Wednesday	Thursday	Friday
Main Course	*Sausages	*Steak Pie	* Chicken Tikka Masala	Fishcake & Tomato Ketchup	*Gammon & Pineapple
Carbohydrates	Mashed Potatoes	Jacket Potatoes	Rice Naan Bread	Chips Herby Potatoes	Roast Potatoes Boiled Potatoes
Vegetables/ Salad	Baked Beans Mixed Vegetables	Broccoli Sweetcorn	Carrots Green Beans	Sweetcorn Mushy Peas	Carrots Spring Greens
Desserts	*Pears & Hot Chocolate Sauce	Pancakes 	*Ground Rice Pudding & Jam Sauce	*Steamed Chocolate Sponge & Custard	*Fruit Salad & Natural Yoghurt

Menu 2. Weeks 22/03/10

	Monday	Tuesday Easter Dinner	Wednesday	Thursday	Friday
Main Course	*Beefburger	*Roast Chicken, Stuffing & Gravy 	*Beef Cobbler	Fishfinger & Tomato Ketchup	*Savoury Mince
Carbohydrates	Bread Roll & Jacket Potato	Roast Potatoes Mashed Potato	Mashed Potato	Herby Potatoes	Pasta
Vegetables/ Salad	Carrots Garden Peas	Carrots Broccoli	Broccoli Sweetcorn	Garden Peas Baked Beans	Sweetcorn Garden Peas
Desserts	*Blueberry Muffin	*Chocolate Crackle Nest & Mini Eggs 	*Apple Crumble & Custard	*Wellington Fudge & Pink Sauce	*Sticky Flapjack & Custard

