

SCHOOL MENU – AUTUMN TERM 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Spaghetti bolognese salad & homemade bread Yoghurt	Ham salad Peaches and ice cream	Macaroni cheese with crispy bacon bits, fresh bread & salad Iced Sponge	Roast chicken, roast potatoes, stuffing, vegetables & gravy Fresh fruit	Homemade pizza, chips, peas & sweetcorn Jelly & ice cream
WEEK 2	Mild beef chilli, rice & salad Greek Yoghurt with honey	COOKS SPECIAL	Cauliflower cheese, crispy bacon bits, boiled potatoes & vegetables Marble cake & cream	Roast ham, roast potatoes, vegetables and gravy Fresh fruit	Salmon & cod fishcakes, chips & ratatouille Fruit salad & cream
WEEK 3	Chicken korma, rice, nan bread & mango chutney Yoghurt	Minced beef & potato layer bake & vegetables Chocolate chip cake	Macaroni cheese with crispy bacon bits, fresh bread & salad Jelly and ice cream	Roast pork, roast potatoes, vegetables and gravy Fresh fruit	Baked potatoes with tuna/ cheese, baked beans, vegetable & salad selection Bananas & custard
WEEK 4	Sweet and sour chicken with rice Greek Yoghurt & honey	COOK'S SPECIAL	Cheese & tomato pasta bake with salad & homemade bread Birdseed & custard	Roast beef, roast potatoes, vegetables and gravy Fresh fruit	Homemade pizza, chips, peas & sweetcorn Bananas & custard

In line with National Nutritional Guidelines for Schools, bread will be available everyday as an option to have alongside the above menu as well as fresh fruit as an option to have for pudding as an alternative. All recipes containing milk will be semi-skimmed. As far as reasonably possible produce will be sourced locally.