

## MENU from September 2011

Salad bar including bread available every day  
Tap water served with all meals

<b>WEEK ONE: W/C</b> 5 <sup>th</sup> Sept. 26 <sup>th</sup> Sept. 17 <sup>th</sup> Oct. 7 <sup>th</sup> Nov. 28 <sup>th</sup> Nov					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Fish Fingers	Potato topped Shepherds pie	Roast of the Week	Sausages	Spaghetti Carbonara
<b>VEGETARIAN</b>	Cheese Puffs	Vegetable Enchiladas	Homemade quiche	Vegetarian Sausages	Spaghetti Neapolitan
<b>CARBOHYDRATE</b>	Potato Wedges	(Included In main)	Roast Potatoes	Boiled potatoes	(included in main)
<b>VEGETABLES</b>	Baked beans	Carrots	Peas	Sweetcorn	Mixed seasonal vegetables
<b>DESSERT</b>	Fresh Fruit Wedges & Yoghurt	Homemade cookies with vanilla sauce	Fruit jelly	Apple pie and custard	Ice cream
<b>WEEK TWO: W/C</b> 12 <sup>th</sup> Sept. 3 <sup>rd</sup> Oct. 24 <sup>th</sup> Oct. 14 <sup>th</sup> Nov. 5 <sup>th</sup> Dec.					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Jacket potatoes with tuna	Cheeky Chicken	Lasagne	Roast of the Week	Beef burgers
<b>VEGETARIAN</b>	Jacket potatoes with cheese	Macaroni Cheese	Vegetable lasagne	Vegetable casserole	Vegetable Burgers
<b>CARBOHYDRATE</b>		Pasta	Garlic bread	Roast potatoes	Potato Wedges
<b>VEGETABLES</b>	Beans Homemade coleslaw	(Included In main)	Sweetcorn	Seasonal fresh vegetables	Peas
<b>DESSERT</b>	Chocolate sponge and sauce	Fruity crispy cakes	Shortbread	Orange Sponge	Ice Cream
<b>WEEK THREE: W/C</b> 19 <sup>th</sup> Sept. 10 <sup>th</sup> Oct. 31 <sup>st</sup> Oct. 21 <sup>st</sup> Nov. 12 <sup>th</sup> Dec.					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Spaghetti bolognaise	Chicken Korma	Beef Steak in Gravy	Roast of the Week	Salmon fish cakes
<b>VEGETARIAN</b>	Quorn Bolognaise	Cheese and Broccoli Bake	Vegetable casserole	Crunchy Vegetable Crumble	Vegetable Nuggets
<b>CARBOHYDRATE</b>	(Included In main)	Rice	New potatoes	Roast Potato	Potato wedges
<b>VEGETABLES</b>	peas	Sweetcorn	Carrots	Seasonal Vegetables	Seasonal Vegetables
<b>DESSERT</b>	Seasonal fruit crumble and custard	Fresh Fruit Wedges	Currant sponge and custard	Homemade Cookies	Ice Cream