

# My School Lunch Menu



Filled Baked Potato is also available as a Main Course option.

## Week 1 commencing

16th April, 14th May, 11th June, 20th August & 17th September 2007



A selection of bread from the Bread Basket and Milk or Pure Fruit Juice are included as part of a Lunch Meal

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken Curry</b> or <b>Cheese &amp; Tomato Pizza</b> Vegetable Sticks Baked Beans Fresh Salad Bowl  Long Grain Rice French Stick Baked Potato  'The Sandwich Tray' Cheddar Cheese (V) Tuna Mayonnaise Banana (V) in a Selection of Breads  Fresh Salad Bowl Vegetable Sticks Pizza Finger  Fresh Fruit Selection Assorted Yoghurts Angel Delight with Fruit	<b>Soup of the Day (V)</b> with <b>Steak Mince</b> or <b>Turkey Steak</b> Sliced Carrots Garden Peas Fresh Salad Bowl  Mashed Potatoes Spaghetti Hoops Baked Potato  'The Soup & Sandwich Tray' Sliced Chicken Tuna Mayonnaise Cream Cheese & Cucumber (V) in a Selection of Breads  Fresh Salad Bowl Grapes Pasta Salad  Fresh Fruit Selection Cheese & Biscuits Assorted Yoghurts	<b>Chicken Fricassee</b> or <b>Gammon &amp; Pineapple</b> Sweetcorn Broccoli Florets Fresh Salad Bowl  Long Grain Rice Boiled Potatoes Baked Potato  'The Sandwich Tray' Wafer Thin Ham Egg (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Pineapple Chunks Rice Salad  Fresh Fruit Selection Assorted Yoghurts Iced Sponge with Custard	<b>Roast Beef in Gravy</b> or <b>Baked Fish Nibbles</b> Baked Beans Shredded Cabbage Fresh Salad Bowl  Roast Potatoes Boiled Potatoes Baked Potato  'The Sandwich Tray' Wafer Thin Beef Salad (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Tomato Wedges Potato Salad  Fresh Fruit Selection Cheese & Biscuits Crunchy Fruit Crumble with Custard	<b>Vegetable Cannelloni (V)</b> or <b>Beef Burger in a bun</b> Garden Peas Coleslaw Fresh Salad Bowl  Pasta Shapes Potato Wedges Baked Potato  'The Sandwich Tray' Chicken Prawn Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Pasta Shapes Coleslaw  Fresh Fruit Selection Cheese & Biscuits Strawberry Sorbet with Fresh Fruit salad

(V) = Vegetarian Option

# My School Lunch Menu



Filled Baked Potato is also available as a Main Course option.

## Week 2 commencing

23rd April, 21st May, 18th June, 27th August & 24th September 2007



A selection of bread from the Bread Basket and Milk or Pure Fruit Juice are included as part of a Lunch Meal

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chinese Pork</b> or <b>Macaroni Cheese (V)</b> Sliced Beetroot Sweetcorn Fresh Salad Bowl  Noodles French Stick Baked Potato  'The Sandwich Tray' Wafer Thin Ham Cream Cheese & Cucumber (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Popcorn Pineapple Chunks  Fresh Fruit Selection Cheese & Biscuits Fruit Smoothie with Oatie Biscuits	<b>Chicken Fajitas</b> or <b>Braised Steak</b> Cherry Tomatoes Shredded Cabbage Fresh Salad Bowl  Boiled Potatoes Potato Wedges Baked Potato  'The Sandwich Tray' Wafer Thin Turkey Egg (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Cherry Tomatoes Sultanas  Fresh Fruit Selection Assorted Yoghurts Milk Pudding with Fruit	<b>Soup of the Day (V)</b> with <b>Sweet &amp; Sour Chicken</b> or <b>Grilled Sausages</b> Broccoli Florets Baked Beans Fresh Salad Bowl  Long Grain Rice Mashed Potatoes Baked Potato  'The Soup & Sandwich Tray' Cheddar Cheese (V) Salad (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Grapes Rice Salad  Fresh Fruit Selection Cheese & Biscuits Assorted Yoghurts	<b>Breaded Haddock</b> or <b>Cold Roast Turkey</b> Garden Peas Coleslaw Fresh Salad Bowl  Boiled Potatoes Chips Baked Potato  'The Sandwich Tray' Sliced Chicken Egg (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Banana Oat Muffin Coleslaw  Fresh Fruit Selection Cheese & Biscuits Sticky Toffee Pudding with Custard	<b>Chicken in a Bun</b> or <b>Beef Lasagne</b> Vegetable Sticks Sliced Carrots Fresh Salad Bowl  Potato Salad French Stick Baked Potato  'The Sandwich Tray' Salmon Wafer Thin Beef Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Potato Salad Vegetable Sticks  Fresh Fruit Selection Assorted Yoghurts Fruit Jelly

# My School Lunch Menu



Filled Baked Potato is also available as a Main Course option.

## Week 3 commencing

30th April, 28th May, 25th June, 3rd September & 1st October 2007



A selection of bread from the Bread Basket and Milk or Pure Fruit Juice are included as part of a Lunch Meal

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Steak Mince with Mealie</b> or <b>Baked Fish Nuggets</b> Baked Beans Garden Peas Fresh Salad Bowl  Mashed Potatoes Pasta Shapes Baked Potato  'The Sandwich Tray' Cheddar Cheese (V) Tuna Mayonnaise Prawn in a Selection of Breads  Fresh Salad Bowl Tomato Wedges Pasta Salad  Fresh Fruit Selection Assorted Yoghurts Fruit Muffin	<b>Lentil Soup (V)</b> <b>Chicken Chow Mein</b> or <b>Hot Dog &amp; Bun</b> Sautéed Onion Grated Carrot Salad Fresh Salad Bowl  Noodles Potato Wedges Baked Potato  'The Soup & Sandwich Tray' Sliced Chicken Tuna Mayonnaise Salad (V) in a Selection of Breads  Fresh Salad Bowl Grated Carrot Salad Scone  Fresh Fruit Selection Cheese & Biscuits Assorted Yoghurts	<b>Roast Pork with Apple Sauce &amp; Gravy</b> or <b>Cheese Wheels (V)</b> Shredded Cabbage Beetroot Fresh Salad Bowl  Roast Potatoes Spaghetti Hoops Baked Potato  'The Sandwich Tray' Wafer Thin Ham Cream Cheese & Cucumber (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Grapes Cheese Wheels  Fresh Fruit Selection Assorted Yoghurts Carrot Cake with Custard	<b>Spaghetti Bolognese</b> or <b>Chicken Vol-au-Vents</b> Broccoli Florets Vegetable Sticks Fresh Salad Bowl  Spaghetti Mashed Potatoes Baked Potato  'The Sandwich Tray' Chicken Mayonnaise Banana (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Vegetable Sticks Popcorn  Fresh Fruit Selection Cheese & Biscuits Strawberry Sorbet with Fresh Fruit Salad	<b>Cheese &amp; Tomato Pizza (V)</b> or <b>Beef Curry</b> Sweetcorn Coleslaw Fresh Salad Bowl  Pasta Shapes Long Grain Rice Baked Potato  'The Sandwich Tray' Wafer Thin Beef Egg (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Pizza Finger Coleslaw  Fresh Fruit Selection Assorted Yoghurts Butterscotch Tart with Custard

# My School Lunch Menu



Filled Baked Potato is also available as a Main Course option.

## Week 4 commencing

7th May, 4th June, 2nd July, 10th September & 8th October 2007



A selection of bread from the Bread Basket and Milk or Pure Fruit Juice are included as part of a Lunch Meal

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken Fajitas</b> or <b>Macaroni Cheese (V)</b> Garden Peas Sliced Beetroot Fresh Salad Bowl  Mashed Potatoes French Stick Baked Potato  'The Sandwich Tray' Sliced Chicken Salad (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Tomato Wedges Pasta Salad  Fresh Fruit Selection Assorted Yoghurts Ice Cream with Fruit	<b>Roast Chicken in Gravy with Mealie</b> or <b>Vegetable Lasagne (V)</b> Shredded Cabbage Vegetable Sticks Fresh Salad Bowl  Boiled Potatoes Potato Salad Baked Potato  'The Sandwich Tray' Wafer Thin Ham Tuna Mayonnaise Egg (V) in a Selection of Breads  Fresh Salad Bowl Vegetable Sticks Potato Salad  Fresh Fruit Selection Assorted Yoghurts Chocolate Crispie with Custard	<b>Chicken Italiano</b> or <b>Grilled Sausages</b> Broccoli Florets Sweetcorn Fresh Salad Bowl  Potato Wedges Sweet Potato Baked Potato  'The Sandwich Tray' Wafer Thin Turkey Salmon Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Grapes Banana Oat Muffin  Fresh Fruit Selection Cheese & Biscuits Swiss Roll with Custard	<b>Soup of the Day (V)</b> <b>Steak Pie</b> or <b>Baked Golden Whales</b> Mixed Vegetables Baked Beans Fresh Salad Bowl  Boiled Potatoes Chips Baked Potato  'The Soup & Sandwich Tray' Wafer Thin Beef Cheddar Cheese (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Pepper Sticks Popcorn  Fresh Fruit Selection Assorted Yoghurts Cheese & Biscuits	<b>Beef Olives</b> or <b>Chicken Grill Steak</b> Mashed Turnips Coleslaw Fresh Salad Bowl  Mashed Potatoes Spaghetti Hoops Baked Potato  'The Sandwich Tray' Sliced Chicken Egg (V) Tuna Mayonnaise in a Selection of Breads  Fresh Salad Bowl Coleslaw Pineapple Chunks  Fresh Fruit Selection Cheese & Biscuits Fruit Smoothie with Popcorn