



My School Lunch Menu



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

Week 1 commencing

24th Oct, 21st Nov & 19th Dec, 2005, 23rd Jan, 20th Feb & 20th March, 2006



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

Monday

Chicken Casserole
or
Ham & Pineapple Pizza

Broccoli Florets
Coleslaw
Fresh Salad Bowl

Mashed Potatoes
Oven Baked Potato Wedges
Baked Potato

'The Sandwich Tray'

Cheddar Cheese (V)
Tuna Mayonnaise
Banana (V)
in a
Selection of Breads

Fresh Salad Bowl
Coleslaw
Pizza Fingers

Fresh Fruit Selection
Assorted Yoghurts
Angel Whirl & Peaches

Tuesday

Creamed Vegetable Soup (V)
with
Braised Steak & Pastry Square
or
Macaroni & Cheese (V)
Shredded Cabbage
Beetroot
Fresh Salad Bowl

Boiled Potatoes
Crusty Bread
Baked Potato

'The Soup & Sandwich Tray'

Chicken Mayonnaise
Tuna Mayonnaise
Cream Cheese & Cucumber (V)
in a
Selection of Breads

Fresh Salad Bowl
Grapes
Pasta Salad

Fresh Fruit Selection
Cheese & Biscuits
Assorted Yoghurts

Wednesday

Chicken Curry
or
Grilled Pork Sausages

Sliced Cucumber
Sweetcorn
Fresh Salad Bowl

Long Grain Rice
Mashed Potatoes
Baked Potato

'The Sandwich Tray'

Salmon
Egg (V)
Tuna Mayonnaise
in a
Selection of Breads

Fresh Salad Bowl
Cucumber Sticks
Rice Salad

Fresh Fruit Selection
Assorted Yoghurts
Iced Sponge & Custard

Thursday

Mince Beef Bolognese
or
Cheese Wheels (V)

Baked Beans
Grated Carrot
Fresh Salad Bowl

Spaghetti
Mashed Potato
Baked Potato

'The Sandwich Tray'

Wafer Thin Beef
Salad (V)
Tuna Mayonnaise
in a
Selection of Breads

Fresh Salad Bowl
Carrot Sticks
Potato Salad

Fresh Fruit Selection
Cheese & Biscuits
Chocolate Crispie & Custard

Friday

Roast Turkey
with Stuffing
or
Fish Cakes
Garden Peas
Mixed Pepper Salad
Fresh Salad Bowl

Pasta Salad
Chips
Baked Potato

'The Sandwich Tray'

Wafer Thin Ham
Egg (V)
Tuna Mayonnaise
in a
Selection of Breads

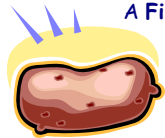
Fresh Salad Bowl
Cheese Scone
Tomato Wedges

Fresh Fruit Selection
Cheese & Biscuits
Jelly & Fruit

(V) = Vegetarian Option



My School Lunch Menu



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Week 2 commencing

31st Oct & 28th Nov, 2005, 2nd Jan, 30th Jan, 27th Feb & 27th March 27, 2006

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

Monday

Steak Mince
with Doughballs

or

Sweet & Sour Chicken

Sliced Carrots
Sweetcorn
Fresh Salad Bowl
Boiled Potatoes
Long Grain Rice
Baked Potato

'The Sandwich Tray'

Wafer Thin Turkey
Cream Cheese & Cucumber (V)
Tuna Mayonnaise
in a
Selection of Breads
Fresh Salad Bowl
Rice Salad
Coleslaw

Fresh Fruit Selection
Cheese & Biscuits
Fruit Sponge & Custard

Tuesday

Turkey Breast Steak

or

Mild Vegetable Curry (V)

Garden Peas
Baked Beans
Fresh Salad Bowl

Oven Baked Potato Wedges

Savoury Rice
Baked Potato

'The Sandwich Tray'

Wafer Thin Ham
Egg (V)
Tuna Mayonnaise
in a
Selection of Breads
Fresh Salad Bowl
Cheese Scone
Popcorn

Fresh Fruit Selection
Assorted Yoghurts
Semolina with
Peach Sauce

Wednesday

Soup of the Day

with

Minced Beef Lasagne

or

Hot Dog in a Bun

Coleslaw
Vegetable Sticks
Fresh Salad Bowl

Crusty Bread
Pasta Salad
Baked Potato

'The Soup & Sandwich Tray'

Cheddar Cheese
Salad (V)
Tuna Mayonnaise
in a
Selection of Breads
Fresh Salad Bowl
Pizza Finger
Vegetable Sticks

Fresh Fruit Selection
Cheese & Biscuits
Assorted Yoghurts

Thursday

Chicken Pie

or

Oven Baked Fish Whale

Broccoli Florets
Baked Beans
Fresh Salad Bowl

Mashed Potatoes
Crusty Bread
Baked Potato

'The Sandwich Tray'

Sliced Chicken
Egg & Tomato (V)
Tuna Mayonnaise
in a
Selection of Breads
Fresh Salad Bowl
Banana Oat Muffin
Tomato Wedges

Fresh Fruit Selection
Cheese & Biscuits
Vanilla Ice Cream & Mandarins

Friday

Roast Pork with
Apple Sauce & Gravy

or

Potato & Broccoli Bake (V)

Mashed Turnips
Sliced Beetroot
Fresh Salad Bowl

Roast Potatoes
Baked Potato
Crusty Bread

'The Sandwich Tray'

Salmon
Wafer Thin Beef
Tuna Mayonnaise
in a
Selection of Breads
Fresh Salad Bowl
Pasta Salad
Grapes

Fresh Fruit Selection
Assorted Yoghurts
Crunchy Fruit Crumble with
Custard



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Week 3 commencing

7th Nov & 5th Dec, 2005, 9th Jan, 6th Feb & 6th March, 2006

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

Monday

Chicken Fricassee
or
Steak Casserole

Sweetcorn
Sliced Carrots
Fresh Salad Bowl

Long Grain Rice
Mashed Potato
Baked Potato

'The Sandwich Tray'

Cheddar Cheese (V)
Tuna Mayonnaise
Salmon & Cucumber
in a
Selection of Breads

Fresh Salad Bowl
Rice Salad
Vegetable Sticks

Fresh Fruit Selection
Assorted Yoghurts
Flapjacks with Custard

Tuesday

Shepherd's Pie
or
Baked Fish Nuggets

Garden Peas
Sliced Beetroot
Fresh Salad Bowl

Crusty Bread
Chips
Baked Potato

'The Sandwich Tray'

Sliced Chicken
Tuna Mayonnaise
Salad (V)
in a
Selection of Breads

Fresh Salad Bowl
Tomato Wedges
Pasta Salad

Fresh Fruit Selection
Cheese & Biscuits
Chocolate Fudge Tart &
Custard

Wednesday

Vegetable Lasagne (V)
or
Sausage Roll

Broccoli Florets
Baked Beans
Fresh Salad Bowl

Mashed Potatoes
Crusty Bread
Baked Potato

'The Sandwich Tray'

Wafer Thin Ham
Cream Cheese & Cucumber (V)
Tuna Mayonnaise
in a
Selection of Breads

Fresh Salad Bowl
Tomato Scone
Grapes

Fresh Fruit Selection
Assorted Yoghurts
Fresh Fruit Salad &
Shortbread

Thursday

Minestrone Soup (V)
with
Pork & Pineapple Curry
or
Macaroni & Cheese (V)

Sliced Green Beans
Mixed Pepper Salad
Fresh Salad Bowl

Long Grain Rice
Pitta bread
Baked Potato

'The Soup & Sandwich Tray'

Chicken Mayonnaise
Salad (V)
Tuna Mayonnaise
in a
Selection of Breads
Fresh Salad Bowl
Sultanas
Curried Rice Salad

Fresh Fruit Selection
Cheese & Biscuits
Assorted Yoghurts

Friday

Chicken in a Bun
or
Vegetable Chow Mein (V)

Sweetcorn
Pineapple Coleslaw
Fresh Salad Bowl

Oven Baked Potato
Wedges
Potato Salad
Baked Potato

'The Sandwich Tray'

Wafer Thin Beef
Egg (V)
Tuna Mayonnaise
in a
Selection of Breads

Fresh Salad Bowl
Popcorn
Pineapple Coleslaw

Fresh Fruit Selection
Assorted Yoghurts
Fruit & Ice Cream



My School Lunch Menu



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

Week 4 commencing

14th Nov & 12th Dec, 2005, 16th Jan, 13th Feb & 13th March, 2006

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

Monday

Chicken & Pasta Bake
or

Cheese & Tomato
Pizza (V)

Garden Peas
Homemade Coleslaw
Fresh Salad Bowl

Spaghetti Hoops
Crusty Bread
Baked Potato

'The Sandwich Tray'

Wafer Thin Turkey
Egg (V)

Tuna Mayonnaise
in a
Selection of Breads

Fresh Salad Bowl
Pizza Fingers
Sweetcorn

Fresh Fruit Selection
Assorted Yoghurts
Strawberry Sorbet & Fruit

Tuesday

Chicken in Gravy
with Mealie
or

Vegetable Crumble (V)

Sliced Carrots
Vegetable Sticks
Fresh Salad Bowl

Mashed Potatoes
Crusty Bread
Baked Potato

'The Sandwich Tray'

Wafer Thin Beef
Tuna Mayonnaise
Cheddar Cheese (V)

in a
Selection of Breads

Fresh Salad Bowl
Potato Salad
Grapes

Fresh Fruit Selection
Assorted Yoghurts
Sticky Toffee Pudding &
Custard

Wednesday

Beef Burger in Bun
or

Sweet & Sour Pork

Sweetcorn
Grated Carrot Salad
Fresh Salad Bowl

Oven Baked Potato Wedges
Long Grain Rice
Baked Potato

'The Sandwich Tray'

Sliced Chicken
Egg (V)

Tuna Mayonnaise
in a
Selection of Breads

Fresh Salad Bowl
Grated Carrot
Rice Salad

Fresh Fruit Selection
Assorted Yoghurts
Fruit Salad & Oatie Biscuit

Thursday

Soup of the Day
with

Caribbean Chicken
with Taco Shells
or

Roast Beef & Gravy

Mashed Turnips
Vegetable Sticks
Fresh Salad Bowl

Roast Potatoes
Potato Salad
Baked Potato

'The Soup & Sandwich Tray'

Cheddar Cheese (V)
Salad (V)

Tuna Mayonnaise
in a
Selection of Breads

Fresh Salad Bowl
Vegetable Sticks
Potato Salad

Fresh Fruit Selection
Assorted Yoghurts
Cheese & Biscuits

Friday

Stovies with Oatcakes
or

Oven Baked Fish Whale

Sliced Beetroot
Baked Beans
Fresh Salad Bowl

Mashed Potatoes
Crusty Bread
Baked Potato

'The Sandwich Tray'

Wafer Thin Ham
Banana (V)

Tuna Mayonnaise
in a
Selection of Breads

Fresh Salad Bowl
Plain Scone
Pickled Onions

Fresh Fruit Selection
Cheese & Biscuits
Fruit Muffin