

# THIS WEEK'S MENU 16<sup>th</sup> January 2012

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breakfast every day	Fresh fruit bowl, assorted fruit yoghurts, cereal, fresh toast with butter, honey, marmite, and jam, tea, whole milk or water						
	Breakfast	Porridge and brown sugar	Bacon	Croissants & fruit juice	Scrambled eggs	Belgium Waffles	Bacon	Sausages & Fromage frais
	Break	Different fruit served every day						
LUNCH	Lunch	Spaghetti carbonara with smoked ham	Shrove Tuesday Sausage casserole	Cottage pie	Pasta Bolognese and garlic bread	Fish pie, mixed fish flakes & prawns topped with mashed potatoes	Chicken and chorizo bake	Roast beef Yorkshire puddings & gravy
	Vegetables	Petits pois	Creamed potatoes and fresh carrots	Fresh broccoli	Mixed salad and grated cheese	Whole green beans	Peas and corn niblets	Roast potatoes carrots and peas
	Vegetarian / Restricted diet	Spaghetti non carne	Vegetarian escalope	Vegetable cottage pie	Vegetable Bolognese	Cheese omelettes	Vegetable bake	Quorn filets
	Homemade Soup	Creamy vegetable	Cream of chicken	Carrot & parsnip	Mushroom	Mixed vegetable		
	Pudding	Ginger syrup sponge and custard	Pancakes, caster sugar and fresh lemons	Butterscotch Angel delight with chocolate chips	Chocolate sponge and chocolate sauce	Bakewell tart and custard	Mixed fruit and ice cream	Black currant Yoghurt
	Lunch every day	Fresh fruit bowl, homemade rice pudding (every day in winter)						
TEA	Tea	Potato waffles, baked beans with grated cheese	Penne pasta, tomato and basil sauce, pesto and cheese	Chicken burgers in a bun with chunky chips and beans	Giabattas filled with bacon and tomatoes	Creamy Chicken pasta with peas	100% Beef burgers in a soft roll with cheese slices and salad	Cornish pasties, Sausage rolls, spaghetti hoops & crisps
	Tea every day	Fresh fruit yoghurts, wholemeal bread with butter, marmite, honey and jam, fresh fruit bowl, Tea, whole milk or water						
	Evening snack	Squash and biscuits, cereal and toast depending on the yeargroup						