

Healthy Choices - Feb 2012 To Oct 2012 - Week Commencing:

12/3/12, 23/4/12, 21/5/12, 25/6/12, 23/7/12, 24/9/12, 22/10/12

week 1

Monday

Fish Fingers (3) with Creamed Potatoes
or (V) Macaroni Cheese
Treacle Sponge and Custard

Tuesday

All Day Breakfast - Bacon, Sausage, Scrambled Egg, Hash Brown Potato, Bread
or (V) Quiche
Jelly and Ice cream

Wednesday

Sunday Dinner - Chicken Fillet with Stuffing and New Potatoes
or (V) Vegetarian Burger
Chocolate Sponge and Chocolate Sauce

Thursday

Pizza with Jacket wedges
or (V) Quorn Chilli & Rice with Garlic Slice
Cheesecake

Friday

Minced Meat Pie with Creamed Potatoes
or (V) Veggie Sausage
Rice Pudding and Jam

All vegetables and salads are fresh and prepared at the school.
All meat is fresh UK reared and slaughtered and farm assured.
A selection of wholemeal and best of both bread available daily.
With the exception of chips, our food is cooked using oven baking
and steaming methods.
Where requested by schools beef is available.
Lower sodium and lower fat cheese used.
Water is available every day.

week 2

Monday

Chicken Fillet in Breadcrumbs with ½ Jacket Potato
or (V) Pasta In Sauce
Fruit Crumble and Custard

Tuesday

Chip Shop Special - Fish in Batter with Chips or Creamed Potatoes
or (V) Country Bake
Marble Sponge and Custard

Wednesday

Sunday Dinner - Roast Gammon and Pineapple
with Creamed Potatoes
or (V) Vegetarian Sausage
Iced Orange Sorbet with Small Chocolate Cookie

Thursday

Burger In A Bun with Chips
or (V) Quiche
Lemon Sponge and Custard

Friday

Roast Pork Loin with New Potatoes In Skins or Creamed Potatoes
or (V) Quorn Curry With Rice and Naan Bread
Jam Roly Poly and Custard

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week 3

Monday

Fish Fingers (3) with Chips or New Potatoes
(V) Cheese and Potato Layer
Jam and Coconut Sponge with Custard

Tuesday

All Day Breakfast - Bacon, Sausage, Scrambled Egg, Hash Brown Potato, Bread
or (V) Vegetable Pizza
Jelly and Ice Cream

Wednesday

Lasagne or Spaghetti Bolognaise with Garlic Slice
or (V) Quorn Chilli with Rice and Crusty Bread
Iced Chocolate Sponge and Chocolate Sauce

Thursday

Sunday Dinner - Roast Pork & Stuffing with Creamed Potatoes
or (V) Vegetarian Burger
Raspberry Bun or Devonshire Split

Friday

Savoury Mince with Yorkshire Pudding or Dumplings with Creamed Potatoes
(V) Macaroni Cheese
Strawberry Delight with Shortbread Round

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5/3/12, 16/4/12, 14/5/12, 18/6/12, 16/7/12, 17/9/12, 15/10/12

week 4

Monday

Pizza with Fresh Jacket Wedges
or (V) Quorn Bolognese and Garlic Slice
Pineapple Shortcake and Custard

Tuesday

Chip Shop Special - Fish In Batter with Chips or New Potatoes
or (V) Country Bake
Rice Pudding or Ground Rice with Jam

Wednesday

Turkey Meat Balls in Tomato Sauce Served with Pasta and Crusty Bread
or (V) Cheese and Potato Layer
Crispy Jam Cake & Strawberry Sauce

Thursday

Sunday Dinner - Roast Turkey and Stuffing with Creamed Potatoes
or (V) Vegetarian Sausage
Decorated Tulip Muffin

Friday

Butchers Pork Sausage in Finger Roll with Chips
or (V) Pasta In Sauce
Ice cream

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