

Let's Do Lunch!

ONLY £2 PER DAY

January 2010

SOUP MENU

Soup and Roll,
A Sandwich
and A Pudding or Fruit
Tomato & Vegetable Soup
on offer Every day, also
Sandwiches & Wraps with a
variety of fillings everyday.

Or alternately order a
Jacket Potato with
various fillings, pudding &
a drink for **£2.00**

Daily selection of Bread
Fresh Fruit Salad or low fat
Yoghurt & Self-service Salad

© = suitable for coeliacs

Monday

Weeks Beginning: 4th January, 25th January
15th February

Lamb Or Vegetable
Hot Pot with Dumplings
Creamy mashed Potatoes
Chunky Bread
Organic Carrots &
Broccoli
Salad Bar Selection

Fruit Flan & Crème
Fresh

Tuesday

Homemade Chicken Burger
Or
Jacket Potato & Beans or
Tuna ©
Boiled Potatoes
Runner Beans, Sweetcorn
& Gravy
Salad Bar Selection

Oaty Apple and cherry
crumble & Custard

Wednesday

Roast Pork & Apple
Sauce ©
Lentil Loaf
Organic Roast Potatoes
Organic Carrots and
Parsnips
Cabbage & Gravy

Treacle Sponge
And Custard

Thursday

Meaty Pork©
Or Vegetarian
Sausages in Onion
Gravy
Organic Creamy Mash
Organic Carrots & Swede

Jam Tart
And Custard

Friday

Oven Baked Fish Finger
Thai Vegetable Curry©
Chips or Scalloped
Potatoes
Reduced sugar & Salt
Baked Beans or Peas
Tomato Sauce

Melting Moments
Fresh Fruit Juice

Weeks Beginning:
11th January, 1st February 22nd February

Home-made Chicken
Strips
Cheesy Pasta Bake©
Organic Mash Potatoes
Chunky Bread
Coleslaw or Reduced
sugar & Salt Baked
Beans
Salad Bar Selection

Apple and Cinnamon Cake
& Custard

Savory Mince Lamb &
Scalloped Potatoes ©
or
Sweet Potato & Lentil
Curry with Rice ©
Broccoli & Turnips

Lemon Feather Sponge
& Custard

Roast Turkey©
Vegetable Tart
Organic Roast Potatoes
Peas Organic Carrots &
Cabbage
Gravy

Fresh Fruit Smoothie©
Short Bread Finger

Lasagna
Or
Vegetable Lasagna
Runner Beans
Home-made Coleslaw
Garlic Bread
Salad Bar Selection

Exotic Fresh Fruit Salad
& Ice-cream ©

Crispy Breaded Salmon
Or
Veggie Spanish
Omelette©
Chips Or Rice
Peas & Organic Carrots
Salad Bar Selection

Chocolate crunch
Fresh Fruit Juice

Weeks Beginning:
18th January, 8th February

Beef and Vegetable Pie
Salmon Stir-Fry
Creamy Mash Potatoes
Broccoli & Organic
Carrots
Gravy

Pear and Chocolate Cake
& Chocolate Sauce

Ham & Sweetcorn
Pizza Baguette or
Margarita Pizza
Baguette
Potato Wedges
Peas or Baked Beans
Salad Bar Selection

Apricot Muesli Crunch

Roast Topside Beef© &
Yorkshire Pudding
Cauliflower & Broccoli
Cheese Bake©
Organic Roast Potatoes
Cauliflower, Organic
Carrots & Cabbage
Gravy

Knickerbocker Glory ©

Chicken linguine ©
Or
Cheesy Jacket Potato©
Organic New Potatoes
Runner Beans & Organic
Carrots
Salad Bar Selection

Oaty Apple Crunch with
Custard

Fish Fillet in Crunchy
Crumb
Vegetable and Bean
Risoto
Chips Or Pasta
Peas & Sweetcorn
Salad Bar Selection

Gingerbread and Crème
Fresh
Fruit Juice