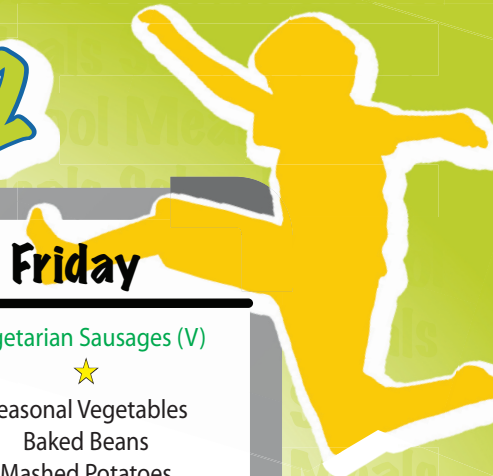


Autumn/Winter 2011/12



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 17th October* 7th November 28th November 19th December 2nd January 2012* 23rd January 13th February 5th March 26th March	Cod Fishcakes Macaroni Cheese (V) ★ Seasonal Vegetables Roast Potatoes Rice ★ Lemon Drizzle Cake & Custard	Cheese & Pineapple Pizza (no ham) Vegetable Risotto (V) ★ Seasonal Vegetables Diced Potatoes ★ Creamed Semolina & Fruit	Lentil Soup (V) Melon & Orange Starter (V) ★ Savoury Omelette (V) ★ Seasonal Vegetables Pasta	Cod Fish Fingers Cheesy Baked Potato (V) ★ Seasonal Vegetables Potato Wedges ★ Chocolate Brownie & Custard	Vegetarian Sausages (V) ★ Seasonal Vegetables Baked Beans Mashed Potatoes ★ Sponge with Toffee Sauce
Week 2 24th October 14th November 5th December 9th January 2012 30th January 20th February 12th March	Salmon Fish Fingers Macaroni Cheese (V) ★ Seasonal Vegetables Mashed Potatoes ★ Golden Crispie Cake	Vegetable Curry (V) ★ Seasonal Vegetables Diced Potatoes Rice ★ Marble Sponge & Custard	Leek & Potato Soup (V) Vegetable Crudites & Dip (V) ★ Breaded Fish Vegetable Tomato Pasta (V) ★ Seasonal Vegetables Roast Potatoes	Tuna Finger Roll Cheese & Tomato Pizza (V) ★ Seasonal Vegetables Salad Selection ★ Apple Crumble & Custard	Vegetable Nuggets (V) ★ Seasonal Vegetables Chips (Ketchup) ★ Ice Cream & Fruit
Week 3 31st October 21st November 12th December 16th January 2012 6th February 27th February 19th March	Jumbo Cod Finger Lentil Bolognese (V) ★ Seasonal Vegetables Potato Wedges ★ Chocolate Crunch	Tuna Baked Potato Cheese & Tomato Pizza (V) ★ Seasonal Vegetables Salad Selection ★ Creamed Rice Pudding & Fruit	Macaroni Cheese (V) ★ Seasonal Vegetables Baby Boiled Potatoes ★ Yoghurt Sponge & Custard	Yellow Pea & Vegetable Soup (V) Tuna Pate & Bread Wedge ★ Quorn Hot Dog (V) ★ Seasonal Vegetables (Mayonnaise) Diced Potatoes	Breaded Fish Moroccan Quorn Stew (V) ★ Seasonal Vegetables Roast Vegetables ★ Chocolate Sponge & Custard



*Please note that this menu may be subject to change depending on our suppliers' ability to make deliveries as expected. This will likely affect the menu on the first day back after periods of holidays. Please contact your school for more details if required.

A choice of one of the three main courses
 Vegetables and potatoes
 +
 A selection from the salad bar
 +
 Homemade bread

A choice of puddings from
 Sweet of the day
 or
 Fresh fruit
 or
 Fruit yoghurt

A choice of drinks from
 A glass of milk
 or
 A glass of fruit juice
 or
 A glass of water

We can also offer a packed lunch service for school trips etc. Please contact your school's head teacher for details.