

MENU from September 2009.
 Salad bar, including bread, available every day.
 Tap water served with all meals.
 Fresh fruit served as a dessert alternative.



| WEEK ONE: WB 3-Sep-09, 21-Sep-09, 12-Oct-09, 2-Nov-09, 23-Nov-09, 14-Dec-09 | | | | | |
|--|------------------------------------|-------------------------------------|--|-------------------------------|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN | Fish Fingers | Potato-topped Shepherd's Pie | Special Day | Sausages | Chicken curry |
| VEGETARIAN | Vegetable enchilada | Potato-topped spicy bean pie | Special Day | Vegetarian sausages | Vegetable curry |
| CARBOHYDRATE | Mashed potatoes | | Special Day | New potatoes | Rice |
| VEGETABLES | Baked Beans | Fresh carrots | Special Day | Sweetcorn | Mixed fresh seasonal vegetables |
| DESSERT | Fresh fruit salad and yogurt | Homemade cookies with vanilla sauce | Fruit jelly | Apple pie and custard | Ice cream |
| WEEK TWO: WB 7-Sep-09, 28-Sep-09, 19-Oct-09, 9-Nov-09, 30-Nov-09 | | | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN | Jacket potatoes with tuna | Sweet and sour chicken | Lasagne | Chicken in gravy | Lamb wraps |
| VEGETARIAN | Jacket potatoes with cheese | Sweet and sour vegetables | Vegetable lasagne with fresh seasonal vegetables | Vegetable casserole | Fresh seasonal vegetable wraps |
| CARBOHYDRATE | | Noodles | Garlic bread | Roast potatoes | Potato salad |
| VEGETABLES | Beans and homemade coleslaw | Fresh seasonal BBQ vegetables | Sweetcorn | Seasonal fresh vegetables | Peas |
| DESSERT | Chocolate sponge and sauce | Fruity crispy cakes | Ice cream | Fresh fruit salad | Homemade shortbread with vanilla sauce |
| WEEK THREE: WB 14-Sep-09, 5-Oct-09, 16-Nov-09, 7-Dec-09 | | | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN | Spaghetti Bolognese | BBQ stir-fry chicken | Beef casserole | Salmon fish cakes | Roast chicken |
| VEGETARIAN | Cheese puffs | BBQ stir-fry vegetables | Vegetable casserole | Vegetable pie | Seasonal vegetable cassoulet |
| CARBOHYDRATE | Spaghetti | Rice | New potatoes | Potato wedges | Roast potatoes |
| VEGETABLES | Peas | Sweetcorn | Carrots | Baked Beans | Seasonal fresh vegetables |
| DESSERT | Seasonal fruit crumble and custard | Fruit salad and yoghurt | Currant sponge and custard | Homemade cookies with yoghurt | Ice cream |