

MENU from January 2009.  
 Salad bar, including bread, available every day.  
 Tap water served with all meals.



<b>WEEK ONE:</b> WB 5-Jan-09, 26-Jan-09, 23-Feb-09, 16-Mar-09					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Sausages	Roast chicken	Pasta with meat and tomato sauce	Chicken curry	Cod fish fingers
<b>VEGETARIAN</b>	Vegetarian sausages	Potato-topped spicy bean pie	Vegetable and pasta bake	Vegetable curry	Vegetable wraps
<b>CARBOHYDRATE</b>	New potatoes	Potato wedges	Pasta	Rice	Mashed potato
<b>VEGETABLES</b>	Sweetcorn	Peas	Carrots	Mixed vegetables	Baked beans
<b>DESSERT</b>	Apple sponge and custard	Fruit jelly	Gingerbread Men and vanilla sauce	Ice cream	Fresh fruit salad
<b>WEEK TWO:</b> WB 12-Jan-09, 2-Feb-09, 2-Mar-09, 23-Mar-09					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Fish pie	Lemon chicken in lemon sauce	Beef stew	Lightly roasted chicken	Beef Bolognese
<b>VEGETARIAN</b>	Vegetable nuggets	Vegetable casserole	Vegetable pittas	Vegetable enchiladas	Vegetable bake
<b>CARBOHYDRATE</b>	Mashed potato	Rice	Boiled potatoes	Roast potatoes	Pasta
<b>VEGETABLES</b>	Peas	Carrots	Sweetcorn	Seasonal vegetables	Peas
<b>DESSERT</b>	Bananas and custard	Shortbread	Ice cream	Fruit salad	Fruity crispy cake
<b>WEEK THREE:</b> WB 19-Jan-09, 9-Feb-09, 9-Mar-09, 30-Mar-09					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Salmon pasta bake	Chicken in white sauce	Lamb casserole with lentils	Beef Chilli	Roast chicken
<b>VEGETARIAN</b>	Vegetable pasta bake	Vegetable stuffed peppers with cheese topping	Vegetable casserole with lentils	BBQ stir-fry vegetables	Crunchy vegetable crumble
<b>CARBOHYDRATE</b>	Pasta	Mashed potato	New potatoes	Rice	Roast potatoes
<b>VEGETABLES</b>	Peas	Sweetcorn	Carrots	Peas	Mixed vegetables
<b>DESSERT</b>	Currant sponge and yoghurt	Fresh fruit salad	Fruit sponge and custard	Homemade cookies with fruit yoghurt	Ice cream