



food for thought

## FOUR WEEK MENU CYCLE

WEEK 4  
SUMMER TERM 2019

WEEK COMMENCING 13/5,17/6,15/7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	BREADED CHICKEN WRAP WITH SALSA	CHILLI NACHOS WITH SOURED CREAM	ROAST GAMMON YORSHIRE PUDDING	BEEFBURGER	BATTERED WHITE FISH
<b>VEGETARIAN MEAL</b>	POTATO, CHEESE & ONION PASTY	SPINACH & RICOTTA CANELONNI	PASTA BAR SELECTION	QUORN VEGETABLE CHOW MEIN	HOMEMADE SOUP WITH BREAD ROLL
<b>VEGETABLES SALADS AND ACCOMPANIMENTS</b>	MIXED SALAD	MIXED SALAD	CARROTS RED CABBAGE ROAST POTATOES	MIXED SALAD POTATO WEDGES	BAKED BEANS SWEETCORN PEAS, POTATO WEDGES
<b>EXTRA BREAD</b>	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS
<b>DESSERT &amp; CAKES</b>	APPLE & CINAMMON CRUMBLE WITH CUSTARD	CHERRY SHORTCAKE WITH CUSTARD	BAKED RICE PUDDING	APPLE SPONGE WITH CUSTARD	SELECTION OF PUDDINGS
<b>MORNING BREAK SAVOURY ITEMS, A SELECTION EACH DAY</b>	BACON ROLLS PIZZA/CHEESE BAPS GARLIC BREAD SAUSAGE ROLLS HASH BROWNS	PANINIS WITH VARIOUS TOPPINGS GARLIC BREAD BACON ROLLS	BACON ROLLS PIZZA/CHEESE BAPS GARLIC BREAD SAUSAGE ROLLS HASH BROWNS	PANINIS WITH VARIOUS TOPPINGS GARLIC BREAD BACON ROLLS	BACON ROLLS PIZZA/CHEESE BAPS GARLIC BREAD SAUSAGE ROLLS HASH BROWNS
<b>SNACK COUNTER</b>	NOODLE BAR BATTERED CHICKEN IN SWEET & SOUR SAUCE	PIZZA SLICE PLAIN PEPPERONI	PASTA WITH A CHOICE OF SAUCES BOLOGNAISE TOMATO OR CHEESE	PIZZA SLICE PLAIN PEPPERONI	HOMEMADE SOUP & ROLL
<b>DRINKS AND OTHER DESSERTS</b>	FRUIT JUICES SMOOTHIES FLAVOURED MILKSHAKES FRESH MILK BOTTLED WATER FREE WATER FRUIT SALAD FRESH FRUIT	FRUIT JUICES SMOOTHIES FLAVOURED MILKSHAKES FRESH MILK BOTTLED WATER FREE WATER FRUIT SALAD FRESH FRUIT	FRUIT JUICES SMOOTHIES FLAVOURED MILKSHAKES FRESH MILK BOTTLED WATER FREE WATER FRUIT SALAD FRESH FRUIT	FRUIT JUICES SMOOTHIES FLAVOURED MILKSHAKES FRESH MILK BOTTLED WATER FREE WATER FRUIT SALAD FRESH FRUIT	FRUIT JUICES SMOOTHIES FLAVOURED MILKSHAKES FRESH MILK BOTTLED WATER FREE WATER FRUIT SALAD FRESH FRUIT
<b>PARKES</b>  <b>2</b>	A LARGE SELECTION OF FILLED ROLLS BAGUETTES AND SANDWICHES & JACKET POTATOES DAILY	A LARGE SELECTION OF FILLED ROLLS BAGUETTES AND SANDWICHES & JACKET POTATOES DAILY	A LARGE SELECTION OF FILLED ROLLS BAGUETTES SANDWICHES & JACKET POTATOES DAILY	A LARGE SELECTION OF FILLED ROLLS BAGUETTES SANDWICHES & JACKET POTATOES DAILY	JACKET POTATO TUNA/TUNA MAYONNAISE, CHHESE/BEANS SANDWICHES BAGUETTES HOT DOG