



food for thought

FOUR WEEK MENU CYCLE

WEEK 3
SUMMER TERM 2019

WEEK COMMENCING 6/5,10/6,8/7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	COTTAGE PIE	FISHBURGER	ROAST BEEF YORKSHIRE PUDDING	CHICKEN IN BLACK BEAN SAUCE	BATTERED WHITE FISH
VEGETARIAN MEAL	VEGETABLE SAUSAGE	QUORN NUGGETS	PASTA BAR SELECTION	MACARONI CHEESE	HOMEMADE SOUP WITH BREAD ROLL
VEGETABLES SALADS AND ACCOMPANIMENTS	MIXED VEGETABLES MASHED POTATOES	MIXED SALAD COLESLAW POTATO WEDGES	CARROTS CAULIFLOWER ROAST POTATOES	MIXED SALAD STEAMED RICE	BAKED BEANS SWEETCORN PEAS POTATO WEDGES
EXTRA BREAD	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS
DESSERT & CAKES	APPLE & GOOSEBERRY CRUMBLE	CHOCOLATE SPONGE WITH CHOCOLATE CUSTARD	FRUIT JELLY WITH ICE CREAM	LEMON SPONGE WITH CUSTARD	SELECTION OF PUDDINGS
MORNING BREAK SAVOURY ITEMS, A SELECTION EACH DAY	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
SNACK COUNTER	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
DRINKS AND OTHER DESSERTS	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
PARKES 2	JACKET POTATOES TUNA/TUNA MAYONNAISE, CHEESE/BEANS SANDWICHES ROLLS & BAGUETTES	JACKET POTATOES TUNA/TUNA MAYONNAISE, CHEESE/BEANS SANDWICHES ROLLS & BAGUETTES	JACKET POTATOES TUNA/TUNA MAYONNAISE, CHEESE/BEANS SANDWICHES ROLLS & BAGUETTES	JACKET POTATOES TUNA/TUNA MAYONNAISE, CHEESE/BEANS SANDWICHES ROLLS & BAGUETTES	JACKET POTATO TUNA/TUNA MAYONNAISE, CHEESE/BEANS SANDWICHES BAGUETTES HOT DOG