



food for thought

FOUR WEEK MENU CYCLE

WEEK 2
SUMMER TERM 2019

WEEK COMMENCING 29/4,3/6,1/7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	CHICKEN TIKKA CURRY WITH STEAMED RICE	BEEF LASAGNE WITH GARLIC BREAD	ROAST CHICKEN WITH STUFFING	PORK & LAMB MEATBALLS IN TOMATO WITH TAGLIATELLI	BATTERED WHITE FISH WITH TARTARE SAUCE
VEGETARIAN MEAL	VEGETABLE & MIXED BEAN PASTA BAKE	VEGETABLE CURRY WITH STEAMED RICE	PASTA BAR SELECTION	VEGETABLE BURGER	HOMEMADE SOUP & BREAD ROLL
VEGETABLES SALADS AND ACCOMPANIMENTS	MANGO CHUTNEY NAAN BREAD	MIXED SALAD	CARROTS BROCCOLI ROAST POTATOES	BAKED BEANS POTATO WEDGES	PEAS SWEETCORN POTATO WEDGES
EXTRA BREAD	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS
DESSERT & CAKES	APPLE & APRICOT CRUMBLE WITH CUSTARD	MANDARIN MERINGUE WITH ICE CREAM	BAKED RICE PUDDING	APRICOT FLAPJACK 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