



food for thought

FOUR WEEK MENU CYCLE

WEEK I SUMMER TERM 2019

WEEK COMMENCING 22/4,20/5,24/6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	WHOLEWHEAT SPAGHETTI BOLOGNAISE	CHINESE STYLE PORK SLICE	ROAST PORK STUFFING	CHICKEN TIKKA IN PITTA BREAD	BATTERED WHITE FISH
VEGETARIAN MEAL	QUORN & VEGETABLE FAJITAS WITH SALSA	HOMEMADE VEGETABLE QUICHE	PASTA BAR SELECTION	VEGETABLE LASAGNE	SOUP & BREAD ROLL
VEGETABLES SALADS AND ACCOMPANIMENTS	MIXED SALAD	POTATO SALAD MIXED SALAD	CARROTS GREEN BEANS ROAST POTATOES	YOGHURT & MINT DIP MIXED SALAD	PEAS SWEETCORN POTATO WEDGES
EXTRA BREAD	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS
DESSERT & CAKES	APPLE & RASPBERRY CRUMBLE CUSTARD	CHOCOLATE SPONGE & CHOCOLATE SAUCE	FRUIT JELLY WITH ICE CREAM	SYRUP 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 SWEET & SOUR SAUCE	PIZZA SLICE PLAIN PEPPERONI	PASTA WITH A CHOICE OF SAUCES BOLOGNAISE TOMATO, CHEESE	PIZZA SLICE PLAIN PEPPERONI	HOMEMADE SOUP AND 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 POTATOES TUNA/TUNA MAYONNAISE, CHEESE/BEANS SANDWICHES HOT DOGS