

WHOLE SCHOOL MEALS - MENU PLAN JUNE 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cheese & Spring Onion Wrap or Vegetable Bolognese 1/2 Jacket Potato Mixed Salad & Sweetcorn Goopy Chocolate Cake & Chocolate Sauce Fruit Pot	Minced Beef & Vegetable Pie with Gravy or Red Dragon Pie Creamed Potatoes Green Beans & Cabbage Blueberry Muffins Yoghurt / Fruit Pot	Roast Pork & Apple Sauce or Cauliflower & Broccoli Bake Roast or Creamed Potatoes Broccoli & Parsnips Ice Cream/Frozen Fruit Smoothie Fruit Pot	Chicken Korma or Mushroom Carbonarra Rice Carrots & Mixed Vegetables Fruit Crumble & Custard Fruit Pot	Fish Fingers or Cheesy Scotch Eggs Chips or Pasta Peas & Baked Beans Fruit Yoghurt & Fruit Slices Fruit Pot
WEEK 2	Home-made Pizza or Vegetable Curry & Rice Sweet Tomato Pasta Peas & Carrots Peach Goodie & Custard Fruit Pot	Savoury Minced Beef or Mediterranean Bread Creamed Potatoes Green Beans & Sweetcorn Apple Tart & Cream Yoghurt/Fruit Pot	Roast Gammon or Leek & Potato Pie Roast or Creamed Potatoes Cabbage & Swede Oat Cookie & Milk Fruit Pot	Jacket Potato with Prawns or Cheese or Mexican Bean Wraps & Savoury Rice Mixed Salad & Baked Beans Marble Sponge & Custard Fruit Pot	Salmon Nuggets or Cheese & Tomato Quiche Chips/Pasta Peas & Sweetcorn Iced Buns Yoghurt/Fruit Pot
WEEK 3	Baked Sausages & Gravy or Portuguese Vegetable Stew Creamed Potatoes Peas & Sweetcorn Fruit Yoghurt & Fruit Slices Fruit Pot	Pork Meatballs in Tomato Sauce or Carribbean Rice Garlic Bread Carrots & Swede Fruit Jelly Yoghurt/Fruit Pot	Roast Turkey & Stuffing or Carrot & Lentil Bake Roast/Creamed Potatoes Cauliflower & Cabbage Carrot Cake Yoghurt/ Fruit Pot	Home-made Chicken Nuggets or Macaroni Cheese Baked New Potatoes Mixed Salad & Sweetcorn Ice Cream/Frozen Fruit Smoothie Fruit Pot	Battered Fish or Cheese Ploughman's Chips/Pasta Coleslaw & Baked Beans Jam Scone Yoghurt / Fruit Pot
WEEK 4	Cheesy Leek & Pea Pasta or Vegetable Lasagne Chunk of Bread Peas & Sweetcorn Shortbread & Pineapple Coulis Yoghurt/ Fruit Pot	Home-made Beefburger & Tomato Sauce or Veggie Sausages 1/2 Jacket Potato or Wedges Mixed Salad & Coleslaw Angel Delight Fruit Pot	Roast Chicken & Stuffing or Spring Vegetable & New Potato Bake Roast/Creamed Potatoes Broccoli & Cauliflower Raspberry Buns Yoghurt/Fruit Pot	Spaghetti Bolognese or Corn Chowder & Rice Garlic Bread Carrots & Mixed Vegetables Summer Fruit Sponge & Custard Fruit Pot	Fish Goujons or Home-made Pizza Chips/Pasta Baked Beans & Peas Chocolate Krispie Cake Yoghurt/ Fruit Pot

Bread, salad and fresh drinking water are available with every meal. Fresh Fruit is available as alternative to main dessert daily.