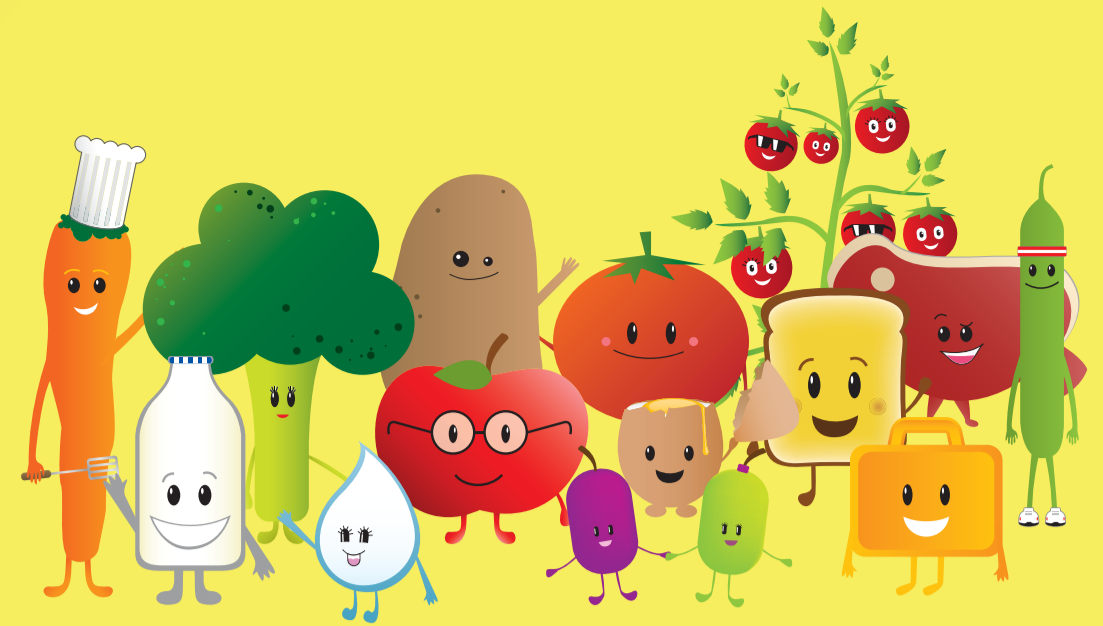


# Primary school menu

September 2010 - July 2011

**PRICE FREEZE!**

No increase since 2009, all meals still **£1.70**



Week Commencing - 6 September 2010, 27 September 2010, 18 October 2010, 8 November 2010, 29 November 2010, 3 January 2011, 24 January 2011, 14 February 2011, 7 March 2011, 28 March 2011, 2 May 2011, 23 May 2011, 13 June 2011, 4 July 2011

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Homemade sausage roll Vegetarian sweet & sour Garlic chicken wrap	Meat balls Cheese & pepper quiche Stir fry vegetable noodles	Chicken Pie Vegetable bolognese Soft roll sandwich selection	Roast beef & Yorkshire pudding Veggie chilli Tuna & ham deli	Fish fingers Vegetable hot pot Cheese savoury jacket
<b>Vegetables</b>	Baked beans Mixed vegetables	Swede Peas	Carrots Savoy cabbage	Roast parsnip Broccoli & cauliflower	Tomatoes Sweetcorn
<b>Carbohydrates</b>	Seasoned wedges Noodles	Tagliatelle Baby new potatoes	Parsley potatoes Pasta	Cream potatoes Rice	Chips Sliced potatoes
<b>Desserts</b>	Apple & blackberry crumble & custard Fruit ice cream	Fruit cookie Melon & grape mix up	Chocolate surprise cake Fruit yoghurt	Pear & ginger sponge & custard 4 quarter fruit selection	Flapjack finger & warm cocoa drink Fruit salad
<b>Drinks</b>	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake

Week Commencing - 13 September 2010, 4 October 2010, 15 November 2010, 6 December 2010, 10 January 2011, 31 January 2011, 14 March 2011, 4 April 2011, 9 May 2011, 20 June 2011, 11 July 2011

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Spaghetti bolognese Savoury cheese flan Chicken fried rice	Assorted pizza Veggie curry Beaney jacket	Roast pork Vegetable enchiladas Rustic sandwich selection	Crunchy shepherd's pie Macaroni cheese Egg & ham deli	Fish cakes Mediterranean pasta Ham & coleslaw wrap
<b>Vegetables</b>	Broccoli Plum tomatoes	Baked beans Courgettes	Green beans Sweetcorn	Carrots Peas	Beetroot Mixed vegetables
<b>Carbohydrates</b>	Garlic bread Parsley potatoes	Jacket wedges Rice	Creamed potatoes Baby new potatoes	Herby garlic diced Potatoes	Chips Tomato bread
<b>Desserts</b>	Lemon sponge & custard Apple & orange mix up	Chocolate crispie cake & kiwi / orange slice Fruit yoghurt	Banana muffin Fruit salad	Rice pudding & orange slice Grape & pear mix up	Oaty fruit crumble & custard Fruit mousse
<b>Drinks</b>	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake

Week Commencing - 20 September 2010, 11 October 2010, 1 November 2010, 22 November 2010, 13 December 2010, 17 January 2011, 7 February 2011, 28 February 2011, 21 March 2011, 11 April 2011, 16 May 2011, 6 June 2011, 27 June 2011, 18 July 2011

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Chicken or pork & pineapple curry Tomato soup Tuna wrap	Mince pie Vegetable frittata Sandwich selection	Homemade beef burger Cheesy pasta bake Chicken risotto	Roast chicken Sweet potato & leek pattie Coleslaw jacket	Fish pie French bread pizza Cheese & chicken deli
<b>Vegetables</b>	Peas Tomatoes	Carrots Cauliflower	Baked beans Savoy cabbage	Green beans Roast parsnips	Broccoli Mixed vegetables
<b>Carbohydrates</b>	Rice Naan bread	Creamed potatoes Herby bread	Jacket wedges Sliced potatoes	Croquette potatoes Noodles	Chips Duchess potato
<b>Desserts</b>	Cherry pie & custard Fruit ice cream	Apricot sponge & custard Fruit yoghurt	Marble shortcake biscuit Peach & pear slices	Carrot cake Fruit salad	Feather iced cake Grape & orange mix up
<b>Drinks</b>	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake	Selection of milk/fruit juice/milk shake

This menu is subject to seasonal adjustments  
Also available daily: Salad, bread basket selection and fresh drinking water