

HOT AND PACKED LUNCH MENU AUTUMN 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef Hot Pot & Wholemeal Roll	Creamy Salmon with Tri Colour Pasta & New Potatoes	Cheese & Tomato Pizza with Diced Potatoes	Beef Lasagne & Garlic Bread	Chicken Curry & Rice
VEGETARIAN	Quorn & Pasta Shells in Italian Tomato Sauce with Wholemeal Roll	Vegetable Grill & New Potatoes	Egg Salad & Wholemeal Roll	Macaroni Cheese & Garlic Bread	Mediterranean Stew & Rice
^s JACKET POTATO	Jacket Potato with Cheese	Jacket Potato with Savoury Mince (H)	Jacket Potato with Baked Beans (H)	Jacket Potato with Tuna & Sweetcorn	Jacket Potato with Baked Beans (H)
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DESSERT	Fromage Frais Fresh Fruit	Mixed Fruit Crumble Fresh Fruit	Elm Farm Yoghurt Fresh Fruit	Apple & Sultana Sponge Fresh Fruit	Fruit Pot Fresh Fruit

**WEEK ONE
W/C
1 SEPT
22 SEPT
13 OCT**

^s Served with Portion of Sunflower Spread Pork Product (H) Hot Topping

**WEEK TWO
W/C
8 SEPT
29 SEPT
20 OCT**

To ensure quality of dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	*Pork Sausages & Mashed Potatoes	Beef Bolognese & Pasta Shells with Wholemeal Roll	Roast Turkey, Stuffing & New Potatoes	Fish Fingers & Diced Potatoes	Beef Wraps & Herby Potatoes
VEGETARIAN	Cheese & Tomato Quiche with Mashed Potatoes	Cheese Salad & Wholemeal Roll	Creamy Pasta Bake & New Potatoes	Summer Squash & Sweet Potato Cassolette with Diced Potatoes	Roasted Pepper & Sweetcorn Pizza with Herby Potatoes
^s JACKET POTATO	Jacket Potato with Savoury Mince (H)	Jacket Potato with Baked Beans (H)	Jacket Potato with Cheese	Jacket Potato with Coleslaw	Jacket Potato with Baked Beans (H)
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DESSERT	Flapjack Fresh Fruit	Apple Crumble Fresh Fruit	Fromage Frais Fresh Fruit	Peach Sponge Fresh Fruit	Elm Farm Yoghurt Fresh Fruit

**WEEK THREE
W/C
15 SEPT
6 OCT**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Breaded Cod & Diced Potatoes	Moroccan Chicken & Rice	Roast Beef & Herby Potatoes	Keema Curry & Pitta Bread	Chicken & Sweetcorn Pie with New Potatoes
VEGETARIAN	Vegetable Korma & Diced Potatoes	Egg Salad & Wholemeal Roll	Ratatouille Casserole & Herby Potatoes	Baked Bean Lasagne & Pitta Bread	Farmhouse Casserole & New Potatoes
^s JACKET POTATO	Jacket Potato with Cheese	Jacket Potato with Baked Beans (H)	Jacket Potato with Savoury Mince (H)	Jacket Potato with Tuna & Sweetcorn	Jacket Potato with Baked Beans (H)
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DESSERT	Flapjack Fresh Fruit	Pear Crumble Fresh Fruit	Fromage Frais Fresh Fruit	Fruit Pot Fresh Fruit	Fruit & Chocolate Sponge Fresh Fruit

**WEEK ONE
PACKED**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PACKED LUNCH STANDARD	*Ham & Salad Sandwich	Tuna Salad Sandwich	Beef & Salad Sandwich	Egg & Salad Sandwich	Cheese & Coleslaw Sandwich
PACKED LUNCH VEGETARIAN	Salad Roll & Cheese Round	Egg & Cress Sandwich	Cheese Salad Sandwich	As Above	As Above
DESSERT	Whitworths Fruit Pack Elmfarm Yoghurt	Fruit Yoghurt Apple	Fresh Fruit Iced Chelsea Fruit Bun	Dairy Dessert Apple	Satsuma Muller Fromage Frais

**WEEK TWO
PACKED**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PACKED LUNCH STANDARD	Beef Salad Sandwich	Salmon Salad Sandwich	Egg & Cress Sandwich	Cheese Salad Sandwich	*Ham Salad Sandwich
PACKED LUNCH VEGETARIAN	Phili Lite & Lettuce Sandwich	Salad Roll & Cheese Round	As Above	As Above	Roasted Veg, Salad Sandwich
DESSERT	Fromage Frais Apple	Elmfarm Yoghurt Satsuma	Dairy Dessert Pear	Iced Bun Banana	Whitworths Fruit Pack Elmfarm Yoghurt

**WEEK THREE
PACKED**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PACKED LUNCH STANDARD	Beef Salad Sandwich	*Ham Salad Sandwich	Egg Salad Sandwich	Salmon Salad Sandwich	Egg Mayo & Salad Sandwich
PACKED LUNCH VEGETARIAN	Cheese Salad Sandwich	Pizza Square	As Above	Salad Roll & Cheese Round	As Above
DESSERT	Fruit Yoghurt Satsuma	Dairy Dessert Apple	Cheddar Cheese Bite Satsuma	Fruit & Oat Flapjack Elmfarm Fruit Yoghurt	Fromage Frais Banana