

Week One - 1 March 2010 29 March 2010

4 May 2010

7 June 2010

5 July 2010

13 September 2010

Monday

New ✓ Oven Baked Omelette

Tuna Pasta Bake
Garlic Bread

New Hot Roast Pork Sub with Stuffing & Gravy

Soup of the Day

Salad/Veg

Seasonal Vegetables
Potato Selection
Salad Bar

Sweet Choice

Jam Feathered Sponge served with Custard
Ice-Cream Sponge Roll

Hot Deli Bar

Filled Jacket Potatoes
Pasta Bar + Sauce
+ Cake of the Day/Yoghurt/Fruit

Cold Deli Bar

BLT Sandwich or Sandwich Selection
+ Cake of the Day/Yoghurt/Fruit

Tuesday

Award Winning Pork Sausage

✓ French Bread Pizza

Ploughman's Lunch

Soup of the Day

Salad/Veg

Seasonal Vegetables
Potato Selection
Salad Bar

Sweet Choice

Fruit Crumble
Chocolate Shortcake
Custard

Hot Deli

Filled Jacket Potatoes
Pasta Bar + Sauce
+ Cake of the Day/Yoghurt/Fruit

Cold Deli Bar

Tuna Salad Wrap or Sandwich Selection
+ Cake of the Day/Yoghurt/Fruit

Wednesday

Top Crust Turkey & Sweetcorn Pie

Oven Baked Breaded Haddock

Hot Bacon & Mushroom Baguette **OR** Sandwich

Soup of the Day

Salad/Veg

Seasonal Vegetables
Potato Selection
Salad Bar

Sweet Choice

Steamed Marble Sponge
Raspberry Sauce
New Angel Delight

Hot Deli

Filled Jacket Potatoes
Pasta Bar + Sauce
+ Cake of the Day/Yoghurt/Fruit

Cold Deli

Ham Salad Baguette or Sandwich Selection
+ Cake of the Day/Yoghurt/Fruit

Thursday

Organic Beef Meatballs and Yorkshire Pudding

✓ Cheese & Potato Pie

Golden Toastie Selection

Soup of the Day

Salad/Veg

Seasonal Vegetables
Potato Selection
Salad Bar

Sweet Choice

Bakewell Tart served with Custard
Vanilla Muffin

Hot Deli

Filled Jacket Potatoes
Pasta Bar + Sauce
+ Cake of the Day/Yoghurt/Fruit

Cold Deli

Salmon Salad French Stick or Sandwich Selection
+ Cake of the Day/Yoghurt/Fruit

Friday

Spaghetti Bolognese with Garlic Bread

Fish Fingers with Tomato Sauce

✓ Vegetable Supreme Pizza

Soup of the Day

Salad/Veg

Seasonal Vegetables
Potato Selection/Oven Chips
Salad Bar

Sweet Choice

Sultana Shortcake served with Peppermint Sauce
Quick Fruit Salad

Hot Deli

Filled Jacket Potatoes
Pasta Bar + Sauce
+ Cake of the Day/Yoghurt/Fruit

Cold Deli

Cheese Salad Baguette or Sandwich Selection
+ Cake of the Day/Yoghurt/Fruit

Available Daily

Freshly Baked Bread, Fresh Fruit and Yoghurt, Drinks Choice

Items in **Bold** contain coconut

New new product/dish

✓ suitable for vegetarians

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & Ham Risotto Mediterranean Bread	Minced Beef Stew with Dumplings	Country Bake	Roast Pork with Stuffing & Gravy	New Chicken Tikka Masala & Bombay Potatoes
✓ Broccoli & Vegetable Mornay	New ✓ Vegetable Ravioli Garlic Bread	✓ Quesadilla filled with Bean & Mushroom Chilli	✓ Vegetable Samosa with Minty Yoghurt Dip	✓ Sweetcorn Pepper Pizza
Cheese & Egg Flan	Beef Grill with Salad in a Bap	French Bread Pizza	Hot Tuna Melt Baguette	Oven Baked Fish Goujons
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Salad/Veg	Salad/Veg	Salad/Veg	Salad/Veg	Salad/Veg
Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection/Oven Chips Salad Bar
Sweet Choice	Sweet Choice	Sweet Choice	Sweet Choice	Sweet Choice
Fruit Pie Chocolate & Orange Cookie served with Custard	Flapjack served with Custard New Dairylea Light Triangle with Low Fat Crackers	Traditional Rice Pudding served with Jam Sauce Sultana Muffin	Steamed Apple Sponge Oat Crunchie Biscuit served with Custard	Lattice Jam Tart served with Raspberry Sauce Frozen Yoghurt Ice-Cream
Hot Deli Bar	Hot Deli	Hot Deli	Hot Deli	Hot Deli
Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit
Cold Deli Bar	Cold Deli Bar	Cold Deli	Cold Deli	Cold Deli
Ham Salad Baguette or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Turkey Salad French Stick or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Tuna Chilli Wrap or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Cheese & Celery Baguette or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Bacon & Egg Sandwich or Sandwich Selection + Cake of the Day/Yoghurt/Fruit

Available Daily

Freshly Baked Bread, Fresh Fruit and
Yoghurt, Drinks Choice

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coconut

New new product/dish

✓ suitable for vegetarians

Week Three - 15 March 2010

19 April 2010

17 May 2010

21 June 2010

19 July 2010

27 September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Meatballs & Pasta Shapes in Italian Sauce Mediterranean Bread	Top Crust Meat & Potato Pie	Savoury Mince with Rice	Roast Chicken with Stuffing & Gravy New	Leek & Bacon Lasagne Garlic Bread
New ✓ Daniel's Nanizza	Oven Baked Breaded Haddock	✓ Cheese & Vegetable Bake	New ✓ Vegetarian Pasta Carbonarra	✓ Pizza Pinwheels
Hot Tuna Melt Baguette	Bacon & Egg Bap	Hot Roast Pork Sub with Apple Sauce, Stuffing & Gravy	Ploughman's Lunch	Hot Dog & Tomato Ketchup
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Salad/Veg	Salad/Veg	Salad/Veg	Salad/Veg	Salad/Veg
Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection/Oven Chips Salad Bar
Sweet Choice	Sweet Choice	Sweet Choice	Sweet Choice	Sweet Choice
Tutti Frutti Salad Archie's Lemon Buns served with Custard	Cherry Shortcake served with Custard Angel Delight	Crunchie Tart served with Custard Banana Muffin Cake	Steamed Chocolate Sponge Sultana Cookie served with Chocolate Sauce	Oaty Plum Crumble served with Custard Ice-Cream Sponge Roll
Hot Deli Bar	Hot Deli	Hot Deli	Hot Deli	Hot Deli
Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit
Cold Deli Bar	Cold Deli Bar	Cold Deli	Cold Deli	Cold Deli
Cheese Salad Pitta Bread or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Egg Salad French Stick or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Tuna & Sweetcorn Baguette or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Spicy Turkey Wrap or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Tuna Mayo Baguette or Sandwich Selection + Cake of the Day/Yoghurt/Fruit

Available Daily

Freshly Baked Bread, Fresh Fruit and Yoghurt, Drinks Choice

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New new product/dish

✓ suitable for vegetarians

Monday	Tuesday	Wednesday	Thursday	Friday
New Pork & Vegetable Patties	Top Crust Chicken & Vegetable Pie	Italian Pasta Bake Garlic Bread	Pork Loin Steaks with Stuffing & Gravy	Shepherd's Pie with Potato Thatch
✓ Cheese Risotto Garlic Bread	✓ Vegetable Ravioli Herby Bread	✓ Cheese & Sweetcorn Flan	✓ Vegetable Balti Boiled Rice & Naan Bread	Crispy Fishcake with Tomato Sauce
✓ Margherita Pizza Slice	Beef Grill with Salad in a Bap	Tuna Melt Roll	Crispy Pizza	Hot Savoury Baguette
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Salad/Veg	Salad/Veg	Salad/Veg	Salad/Veg	Salad/Veg
Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection Salad Bar	Seasonal Vegetables Potato Selection/Oven Chips Salad Bar
Sweet Choice	Sweet Choice	Sweet Choice	Sweet Choice	Sweet Choice
Steamed Sultana Sponge served with Custard Ice-Cream Sponge Roll	Carrot Cake Sunday Jelly served with Custard	Paris Apple Pie Chocolate & Orange Cookie served with Custard	Traditional Rice Pudding with Sliced Peaches Cherry Muffin served with Custard	Fresh Fruit Shortcake Fans served with Custard New DairyLea Light Triangle with Low Fat Crackers
Hot Deli Bar	Hot Deli	Hot Deli	Hot Deli	Hot Deli
Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit	Filled Jacket Potatoes Pasta Bar + Sauce + Cake of the Day/Yoghurt/Fruit
Cold Deli Bar	Cold Deli Bar	Cold Deli	Cold Deli	Cold Deli
Egg Cheese & Red Pepper Sandwich or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Salmon Salad Pitta Bread or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Cheese & Celery Baguette or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Tuna Salad Wrap or Sandwich Selection + Cake of the Day/Yoghurt/Fruit	Breakfast Wrap or Sandwich Selection + Cake of the Day/Yoghurt/Fruit

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