

# Week 1

W/C 17/04, 08/05, 05/06, 26/06, 17/07, 18/09 09/10

Monday	<p><b>Veggie Balls in a Sweet Tomato Sauce with Penne Pasta (v)</b> Sicilian Flatbreads &amp; Coleslaw</p> <p><b>Jacket Potato topped with Cheddar Cheese (v)</b> Coleslaw and Salad</p> <p><b>Lunch to go</b> - Ham Baguette Served with Cucumber and Carrot sticks and a Flapjack</p> <p><b>Dessert</b> – Mini Flapjack with Custard <b>(Sugar Smart)</b></p>
Tuesday	<p><b>Organic Beef Burger in a Bun</b> Seasoned Potato Wedges with Ketchup and Baked Beans (Sugar Smart against baked beans)</p> <p><b>Quorn Veggie Burger in a Bun (v)</b> Seasoned Potato Wedges with Ketchup and Baked Beans (Sugar Smart against baked beans)</p> <p><b>Lunch to go</b> – Cheese Sandwich with Tomato and Cucumber sticks.</p> <p><b>Dessert</b> – Giant Chocolate Cookie <b>(Sugar Smart)</b></p>
Wednesday	<p><b>Roast Pork with Red Onion Gravy</b> Crispy Roast Potatoes, Green Cabbage and Carrot Batons</p> <p><b>Veggie Roast with Red Onion Gravy (V)</b> Crispy Roast Potatoes, Green Cabbage and Carrot Batons</p> <p><b>Jacket Potato with Cheesy Coleslaw (V)</b> Selection of Summer Salads</p> <p><b>Dessert</b> – Apple Strudel with Cream <b>(Sugar Smart)</b></p>
Thursday	<p><b>Organic Beef Penne Bolognese</b> Garlic &amp; Herb Focaccia &amp; Garden Peas</p> <p><b>Oriental Sweet &amp; Sour Vegetables ( V)</b> Served with Organic Egg Noodles &amp; Garden Peas</p> <p><b>Lunch to go</b> - Tuna mayo wrap with Crudité and Fresh Fruit</p> <p><b>Dessert</b> – Seasonal Fresh Fruit Salad</p>
Friday	<p><b>Breaded Fish Fingers</b> Chunky Chips, Sweetcorn &amp; Ketchup</p> <p><b>Mediterranean Tart (V)</b> Chunky Chips and Sweetcorn &amp; Ketchup</p> <p><b>Lunch to go</b> – Cheese and Salad Baguette served with Cherry Tomatoes and a Yoghurt</p> <p><b>Dessert</b> – Peaches &amp; Ice Cream</p>

# Week 2

W/C 24/04, 15/05, 12/06, 03/07, 04/09, 25/09 16/10

Monday	<p><b>Hand Stretched Margherita Pizza (v)</b> Baby New Potatoes, Cucumber and Tomato Salad <b>Jacket Potato with Cheese &amp; Baked Beans(v) (Sugar Smart against baked beans)</b> Selection of Summer Salads <b>Lunch to Go – Ham Ploughman’s Lunch</b></p> <p><b>Dessert – Carrot Cake (Sugar Smart)</b></p>
Tuesday	<p><b>Organic Beef Meatballs in Italian style Tomato Sauce</b> Penne Pasta, Sweetcorn &amp; Sliced Green Beans, Homemade Garlic and Herb Focaccia <b>Tomato &amp; Basil Pasta</b> Selection of Summer Salads <b>Lunch to go - Tuna Mayo Sandwich with Crudité and Tomato</b></p> <p><b>Dessert – Fruity Cheese Cake</b></p>
Wednesday	<p><b>Roast Turkey with Gravy</b> Crispy Roast Potatoes, Cauliflower Florets and Garden Peas <b>Homemade Vegetable Pasty (v)</b> Crispy Roast Potatoes, Cauliflower Florets and Garden Peas <b>Jacket Potato with Cheddar Cheese (v)</b> Selection of Summer Salads</p> <p><b>Dessert – Fresh Fruit Platter</b></p>
Thursday	<p><b>BBQ Chicken Drumstick</b> Sunshine Rice, Sweetcorn &amp; Carrot Batons <b>Spinach and Cherry Tomato Omelette (v)</b> Sweetcorn &amp; Carrot Batons <b>Lunch to go – Tuna, Red Onion and Pepper Wrap with Cucumber and Carrot Sticks</b></p> <p><b>Dessert – Chocolate Sponge &amp; Vanilla Sauce</b></p>
Friday	<p><b>Salmon &amp; Broccoli Pasta Bake</b> Served with a Selection of Summer Salads <b>Battered Fish Portion</b> Chunky Chips &amp; Baked Beans (Sugar Smart against baked beans) <b>Lunch to go – Homemade Quiche with Chips and salad</b></p> <p><b>Dessert – Shortbread Biscuit with Ice Cream (Sugar Smart against biscuit)</b></p>

# Week 3

W/C 01/05, 23/05, 19/06, 10/07, 11/09, 02/10

Monday	<p><b>Macaroni Cheese with Sicilian Flatbread (v)</b> Fresh Red Potato Salad &amp; Fresh Seasonal Vegetables</p> <p><b>Mediterranean Roasted Vegetable Pizza (v)</b> Fresh Red Potato Salad &amp; Fresh Seasonal Vegetables</p> <p><b>Lunch to go - Tomato and cheese Flatbread served with salad leaves and Cucumber</b></p> <p><b>Dessert</b> – Frozen Yoghurt with Fresh Fruit Portion</p>
Tuesday	<p><b>Pork or Chicken Sausages</b> Creamed Potatoes &amp; Baked Beans (<b>Sugar Smart against baked beans</b>)</p> <p><b>Veggie Sausage(v)</b> Creamed Potatoes &amp; Baked Beans(<b>Sugar Smart against baked beans</b>)</p> <p><b>Lunch to go – Ham Sandwich with Cucumber sticks and cherry Tomatoes</b></p> <p><b>Dessert</b> – Wholemeal Banana Sponge with Custard (<b>Sugar Smart</b>)</p>
Wednesday	<p><b>Creamy Chicken Pie</b> Crispy Roast Potatoes, Broccoli &amp; Carrots</p> <p><b>Southern Style Quorn Patty (v)</b> Crispy Roast Potatoes, Broccoli &amp; Carrots</p> <p><b>Jacket Potato with Cheese and Red Onion(v)</b> Selection of Summer Salads</p> <p><b>Dessert</b> – Strawberry Delight</p>
Thursday	<p><b>Organic Beef Spaghetti Bolognese</b> Homemade Garlic &amp; Herb Focaccia, Sweetcorn &amp; Roasted Mediterranean Vegetables</p> <p><b>Tomato and Basil Spaghetti (v)</b> Homemade Garlic &amp; Herb Focaccia, Sweetcorn &amp; Roasted Mediterranean Vegetables</p> <p><b>Lunch to go – Cheese Ploughman’s Sandwich with Apple Slices and Grapes</b></p> <p><b>Dessert</b> – Fruit Jelly &amp; Ice Cream</p>
Friday	<p><b>Breaded Fish Fingers</b> Chunky Chips, Garden Peas &amp; Ketchup</p> <p><b>Cheese and Red Onion Quiche(v)</b> Chunky Chips, Garden Peas &amp; Ketchup</p> <p><b>Jacket Potato with Baked Beans (v)(Sugar Smart against baked beans)</b> Selection of Summer Salads</p> <p><b>Dessert</b> – Marble Sponge with Chocolate Sauce (<b>Sugar Smart</b>)</p>