

AUTUMN TERM 2008

Week 1 MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Mexican Chilli Beef with Braised Rice Or Spanish Omelette with Paprika Spiced New Potatoes	Spiced Turkey & Salsa Wraps Or Mushroom, Spinach & Roast Tomato Lasagne	Roast Gammon with Apricot Stuffing & Sage Gravy Or Sweet Potato & Red Bean Tagine with Roasted Peppers, Cous Cous & Mint Yoghurt	Lamb & Vegetable Curry with Steamed Rice Or Chick Pea Falafels with Pitta Bread and Salad	Battered MSC Pollack Fillets with Lemon & Tartare Sauce Or Cornish Style Lentil & Vegetable Pasty
Vegetables	Cauliflower Florets and Green Beans	Oven Baked Potato Wedges Broccoli Florets	Roast Potatoes Fresh Carrots Fresh Cabbage	Roasted Vegetables	Chips Garden Peas
Jackets	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings
Pasta or Noodles	Arrabiatta Sauce	Egg Noodles with Sweet & Sour Vegetables	Roasted Mediterranean Vegetable	Tomato & Basil Sauce	Three cheese Sauce
Dessert	Mixed Berry Mousse	Apple Crumble with Custard	Carrot Cake with Cream Cheese Topping	Fruit Sponge Pudding & Custard	Fruit Turnover

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Week 2 MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Korma with Naan Bread Or Lentil & Vegetable Gratin topped with Sliced Potato	Minced Beef & Onion Pie with Mashed Potato Or Vegetable & Chilli Bean Fajitas with Sour Cream	Roast Chicken with Herb Stuffing Or Courgette & Red Onion Quiche with Salad	Moussaka with Baked New Potatoes in Rosemary Or Stir-Fry Vegetable Noodles with Bean Sprouts and Soy Chilli Dressing	Pollack Fillet topped with Fresh Tomato sauce & Cheese Or Mozzarella & Tomato Homemade Calzone Pizza with Salad
Vegetables	Mixed Salad Roasted Carrots	Oven Baked Potato Wedges Broccoli Florets	Roast Potatoes Fresh Carrots Fresh Cabbage	Cauliflower & Roasted Peppers	Chips Garden Peas
Jackets	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings
Pasta or Noodles	Tomato & Herb Sauce	Egg Noodles with Sweet Chilli Sauce	Garlic Mushroom Sauce	Cheddar Cheese Sauce	Tomato & Roasted Pepper Sauce
Dessert	Baked Rice Pudding with Fruit Sauce	Bread & Butter Pudding with Custard	Pear Crumble with Custard	Chocolate Sponge with Chocolate Sauce	Cherry Shortbread with Custard

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Week 3 MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Jalfrezi with Pilau Rice Or Cheddar Cheese & Red onion Quiche	Lamb Koftas with Minted Cucumber Salad & Cous Cous Or Vegetarian Toad in the Hole with Mashed Potato & Onion Gravy	Roast Pork with Apple Sauce Or Cheesy Bubble & Squeak Melts with Fresh Tomato Sauce	Lasagne with Garlic Bread & Coleslaw Or Pumpkin & Butter Bean Cobbler topped with Herb Scones	MSC Salmon Filet FishCakes with Tartare Sauce & Lemon Or Spicy Bean Burger in a Bun
Vegetables	Oven Baked Potato Wedges Green Beans	Fresh Cabbage Vegetable Ratatouille	Roast Potatoes Fresh Carrots & Broccoli	New Potatoes Cauliflower Florets & Sweetcorn	Chips Garden Peas
Jackets	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings
Pasta or Noodles	Carbonara Sauce	Tomato & Oregano Sauce	Three Cheese Sauce	Egg Noodles with Teriaki Vegetables	Arrabiatta Sauce
Dessert	Banana Cake with Custard	Fruit Cheesecake	Rhubarb Crumble with Custard	Summer Fruit Sponge with Custard	Bakewell Tart with Custard

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Week 4 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken & Noodle Stir Fry with Sweet Soy & Chilli Sauce Or Quorn & Vegetable Chimi- Changer with Potato Wedges	Shepherd's Pie Or Sweet Potato & Lentil Curry with Bombay Potatoes	Turkey, Leek & Bacon Pie with Mashed Potato Or Vegetarian Pizza with various toppings	Beef & Winter Vegetable Stew with Herb Dumplings & Pearl Barley Or Spinach & Mozzarella Lasagne	MSC Cod Fillets with Lemon & Tartare Sauce Or Vegetable & Red Bean Chilli with Salad
Vegetables	Cauliflower & Green Beans	Fresh Carrots & Peas	Fresh Cabbage & Sweetcorn	Roast Parsnips Broccoli Florets	Chips Garden Peas
Jackets	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings	With a Selection of Toppings
Pasta or Noodles	Roast Tomato & Pepper	Egg Noodles with Hot & Sour Sauce	Ratatouille	Bolognese Sauce	Creamy Mushroom Sauce
Dessert	Syrup Sponge with Custard	Hot Cherry Pie with Custard	Peach Crumble with Custard	Lemon Meringue Pie	Sultana & Raisin Sponge with Custard