

whole
SCHOOL
meals

REAL FOOD FOR REAL ENERGY

SENIOR SCHOOL MENU

FEBRUARY
2014



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Snack Bar	Choose from our Pasta Bar or a selection of Hot Sub rolls and baguettes				
Main Meal 1	Spaghetti Bolognaise	Fisherman's Pie	Roast Beef & Yorkshire Pudding	Chicken Fajitas	Meat Feast Pizza or Home-made Beefburger
Main Meal 2 (v)	Mediterranean Fusilli	Macaroni Cheese	Roast Stuffed Pepper	Mexican Bean Wrap	Veggie Pizza
Served with	Garlic Bread Roasted Vegetables	Chunk of Bread Peas & Sweetcorn	Roast or Parsley Potatoes Cabbage & Parsnips	Jacket Wedges Mixed Salad	Chips or Pasta Beans & Coleslaw
Cold Snack Bar	Various Tasty Salads, Sandwiches and Baguettes. Fresh Fruit Salads, Yoghurts, Fruit Selection	Various Tasty Salads, Sandwiches and Baguettes. Fresh Fruit Salads, Yoghurts, Fruit Selection	Various Tasty Salads, Sandwiches and Baguettes. Fresh Fruit Salads, Yoghurts, Fruit Selection	Various Tasty Salads, Sandwiches and Baguettes. Fresh Fruit Salads, Yoghurts, Fruit Selection	Various Tasty Salads, Sandwiches and Baguettes. Fresh Fruit Salads, Yoghurts, Fruit Selection
Dessert	Jam Sponge & Custard	Giant Cookie & Milk	Fruit Crumble & Custard	Ginger Cake & Sauce	Banana Loaf

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Snack Bar	Choose from our Pasta Bar or a selection of Hot Sub rolls and baguettes				
Main Meal 1	Beef & Spring Onion in Hoi Sin Sauce	Chicken Pie	Roast Gammon	Chilli Con Carne	Fish Cake or Home-made Beefburger
Main Meal 2 (v)	Veggie Spring Roll	Veggie Quiche	Mushroom Carbonara	Loaded Potato Skins	Omelette
Served with	Noodles or Rice	Creamed Potatoes	Roast or Parsley Potatoes	Rice or Mediterranean Bread	Chips or Pasta
	Green Beans & Sweetcorn	Cabbage & Swede	Carrots & Cauliflower	Mixed Vegetables or Salad	Baked Beans & Peas
Cold Snack Bar	Various Tasty Salads, Sandwiches and Baguettes.	Various Tasty Salads, Sandwiches and Baguettes.	Various Tasty Salads, Sandwiches and Baguettes.	Various Tasty Salads, Sandwiches and Baguettes.	Various Tasty Salads, Sandwiches and Baguettes.
	Fresh Fruit Salads, Yoghurts, Fruit Selection	Fresh Fruit Salads, Yoghurts, Fruit Selection	Fresh Fruit Salads, Yoghurts, Fruit Selection	Fresh Fruit Salads, Yoghurts, Fruit Selection	Fresh Fruit Salads, Yoghurts, Fruit Selection
Dessert	Pineapple Upside Down Cake & Custard	Gooley Chocolate Cake	Peach & Pear Goodie & Custard	Cheesecake	Carrot Cake

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Snack Bar	Choose from our Pasta Bar or a selection of Hot Sub rolls and baguettes				
Main Meal 1	Sausages & Onions	Beef Cobbler	Roast Pork & Apple Sauce	Chicken Curry	Salmon Bites
Main Meal 2 (v)	Cheese & Potato Puff	Spring Vegetable & New Potato Bake	Broccoli & Cauliflower Bake	Veggie Chow Mein	Cheesy Scotch Eggs
Served with	Creamed Potatoes	Garlic Crushed New Potatoes	Roast or Parsley Potatoes	Rice	Chips or Pasta
	Peas & Baked Beans	Cabbage & Sweetcorn	Broccoli & Carrots	Roasted Vegetables	Baked Beans & Coleslaw
Cold Snack Bar	Various Tasty Salads, Sandwiches and Baguettes. Fresh Fruit Salads, Yoghurts, Fruit Selection	Various Tasty Salads, Sandwiches and Baguettes. Fresh Fruit Salads, Yoghurts, Fruit Selection	Various Tasty Salads, Sandwiches and Baguettes. Fresh Fruit Salads, Yoghurts, Fruit Selection	Various Tasty Salads, Sandwiches and Baguettes. Fresh Fruit Salads, Yoghurts, Fruit Selection	Various Tasty Salads, Sandwiches and Baguettes. Fresh Fruit Salads, Yoghurts, Fruit Selection
Dessert	Cheeky Chocolate Cake	Rice Pudding	Apple Tart with Cream or Custard	Lemon Drizzle Cake	Shortcake with Pineapple Coulis



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