

# Stoke Row CE School

## Lunch Menu September-December 2007

### Week A

	Monday	Tuesday	Wednesday	Thursday	Friday
Select					
	Sausage and Chips Roast Mediterranean Vegetables	Chinese Chicken  Egg Noodles	Rosemary and Garlic Roast Lamb  Seasonal Mixed Vegetables	Lasagne Tomato and Cucumber Salad with Dressing	Thai Fish Balls with Sweet Chilli Sauce Basmati Rice, Crunchy Thai Salad with Thai Dressing
	Vegetarian Sausage and Chips <i>followed by</i> Greek Yoghurt with Honey and Gingerbread	Stir Fry Vegetables and Prawn Crackers <i>followed by</i> Fresh Fruit Salad	Cauliflower Cheese <i>followed by</i> Swiss Roll with Custard	Vegetarian Lasagne <i>followed by</i> Sticky Toffee Pudding with Toffee Sauce	Deep Fried Tofu <i>followed by</i> Chocolate Mousse with Raspberries

### Week B

	Monday	Tuesday	Wednesday	Thursday	Friday
Select					
	Chicken Curry  Rice	Roast Pork Roast Baby Potatoes with Carrots and Peas	Meatballs  Egg Pasta and Garlic Bread	Salmon  Egg Noodles	Minted Lamb Burgers Pitta Bread with Salad and Tzatziki Yoghurt
	Curried Vegetables and Poppadoms <i>followed by</i> Jelly and Fruit	Vegetarian Stuffing <i>followed by</i> Greek Yoghurt with Banana Flapjack	Ratatouille <i>followed by</i> Fresh Fruit Salad	Stir Fry Vegetables <i>followed by</i> Meringue with Seasonal Fruit and Ice Cream	Vegetarian Bean Burgers <i>followed by</i> Chocolate Swiss Roll with Chocolate Sauce

### Week C

	Monday	Tuesday	Wednesday	Thursday	Friday
Select					
	Tuna and Tomato Pasta Bake topped with Cheese	Mexican Mince	Lamb Kofters	Beef Fajitas	Marinated Chicken with Sage, Garlic and Orange Sauce
	Salad with Focaccia /Flatbread	Jacket Potato with Cheese	Egg Pasta and Garlic Bread	Tortillas with Cheese, Guacamole and Tomato Salsa	Roast Baby Potatoes with Carrots and Peas
	Cheese and Tomato Pasta Bake <i>followed by</i> Greek Yoghurt with Strawberry Jam and Orange Shortbread	Stuffed Pepper <i>followed by</i> Fruit Crunch Bar	Ratatouille <i>followed by</i> Fresh Fruit Salad	Spicy Vegetable Mix <i>followed by</i> Carrot Cake	Vegetarian Stuffing <i>followed by</i> Chocolate Brownie with Fruit Coulis

Child's name:

Class:

Please complete shaded boxes:

DAIRY PRODUCT

EGG PRODUCT

EGG AND DAIRY

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