

MENU from September 2008.
 Salad bar, including bread, available every day.
 Tap water served with all meals.



| WEEK ONE: WB 1-Sep-08, 22-Sep-08, 13-Oct-08 | | | | | |
|--|-------------------------------|-------------------------------------|--------------------------------|--------------------------------|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN | Fish Fingers | Potato-topped Shepherd's Pie | Homemade quiche | Sausages | Chicken curry |
| VEGETARIAN | Vegetable enchilada | Potato-topped spicy bean pie | Homemade quiche | Vegetarian sausages | Vegetable curry |
| CARBOHYDRATE | Mashed potato | | Potato wedges | New potatoes | Rice |
| VEGETABLES | Baked Beans | Carrots | Peas | Sweetcorn | Mixed seasonal vegetables |
| DESSERT | Fresh fruit salad with yogurt | Homemade cookies with vanilla sauce | Fruit jelly | Apple pie and custard | Ice cream |
| WEEK TWO: WB 8-Sep-08, 29-Sep-08, 20-Oct-08 | | | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN | Jacket potatoes with tuna | Sweet and sour chicken | Lasagne | Roast chicken | Lamb wraps |
| VEGETARIAN | Jacket potatoes with cheese | Sweet and sour vegetables and beans | Vegetable and pulse lasagne | Vegetable and lentil casserole | Vegetable and bean wraps |
| CARBOHYDRATE | | Noodles | Garlic bread | Roast potatoes | Potato salad |
| VEGETABLES | Beans and homemade coleslaw | BBQ vegetables | Sweetcorn | Seasonal fresh vegetables | Peas |
| DESSERT | Chocolate sponge and sauce | Fruity crispy cakes | Ice cream | Fresh fruit salad | Homemade shortbread with vanilla sauce |
| WEEK THREE: WB 15-Sep-08, 6-Oct-08 | | | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN | Spaghetti Bolognese | BBQ stir-fry chicken | Beef and lentil casserole | Salmon fish cakes | Roast chicken |
| VEGETARIAN | Cheese puffs | BBQ stir-fry vegetables | Vegetable and lentil casserole | Vegetable and bean pie | Vegetable and lentil casserole |
| CARBOHYDRATE | Spaghetti | Rice | New potatoes | Potato wedges | Roast potatoes |
| VEGETABLES | Peas | Sweetcorn | Carrots | Baked Beans | Seasonal fresh vegetables |
| DESSERT | Fruit crumble and custard | Fruit salad and yoghurt | Currant sponge and custard | Homemade cookies with yoghurt | Ice cream |