

# Lower School Lunch Menus

Review December 2011

# Menu 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meat/Fish</b>	Cottage Pie Gravy	Creamy Chicken Korma Naan bread	Roast Turkey, Stuffing, Chipolata, Gravy	Beef Bolognese	Fillet of Battered Alaskan Pollock
<b>Vegetarian</b>	Vegetarian Cottage Pie Vegetarian Gravy	Creamy Quorn and Vegetable Korma	Tomato and Brie Bruschetta	Vegetarian Bolognese	Vegetarian Cakes
<b>Potato/Rice/Noodles</b>	Mash Potatoes	Boiled Rice	Roasted Potatoes	Pasta	Chipped Potatoes
<b>Vegetables</b>	Buttered Broccoli	Lettuce, Tomato and Cucumber Salad	Savoy Cabbage	Lettuce, Tomato and Cucumber Salad	Baked Beans
<b>Sweet/Dessert</b>	Iced Sponge Cake Custard	Apple Sponge Pudding Custard	Fresh Fruit Salad Cream	Chocolate Sponge Pudding Chocolate Sauce	Cream Slice

## Menu 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meat/Fish</b>	Beef Lasagne	Chicken Fajitas	Roast Pork, Apple Sauce, Crackling and Gravy	Montego Bay Chicken	Beef Burgers
<b>Vegetarian</b>	Tuna Pasta Bake	Cheese and Egg Flan	Cheese and Tomato Tart	Cauliflower Cheese	Vegetarian Quarter Pounders
<b>Potato/Rice/Noodles</b>	Potato Wedges	Baked Potatoes	Roast Potatoes	Steamed Rice	Potato Chips
<b>Vegetables</b>	Salad	Carrots	Sliced Green Beans	Lettuce, Tomato and Cucumber Salad	Baked Beans
<b>Sweet/Dessert</b>	Puff Pastry Strawberry Jam and Cream	Sponge and Custard	Chocolate Mousse	Lemon Sponge and Custard	Fresh Fruit Salad Cream

# Menu 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meat/Fish</b>	Handmade Pork Sausages	Beef Meatballs	Roast Chicken Sage and Onion Stuffing Gravy	Cottage Pie	Fillet of Pollock in Breadcrumbs
<b>Vegetarian</b>	Spinach and Cheese Pasties	Savoury Cabbage Parcels	Potato and Broccoli Bake	Lentil Stew	Tomato and Cheese Tart
<b>Potato/Rice/Noodles</b>	Mashed Potatoes	Baked Rice	Roast Potatoes	Herby Diced Potatoes	Potato Chips
<b>Vegetables</b>	Broccoli	Salad	Carrots	Summer Cabbage	Baked Beans
<b>Sweet/Dessert</b>	Banana Pancakes Maple Syrup	Sticky Toffee Pudding Caramel Sauce	Chocolate Brownie Custard	Apple Pie Custard	Chocolate Rice Crispy Cakes

# Menu 4

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meat/Fish</b>	Cowboy Pie	Chicken and Sweetcorn pie	Gammon Steak	Chilli Con Carne	Chicken Burgers
<b>Vegetarian</b>	Veggie Chilli	Cheese and Onion Pie	Spinach and Mozzarella Parcels	Red Dragon Pie	Lentil Burgers Spicy Tomato Sauce
<b>Potato/Rice/Noodles</b>	Herby Diced Potatoes	New Potatoes	Rosemary Roasted Potatoes	Boiled Rice	Chips
<b>Vegetables</b>	Sweetcorn	Carrots	Broccoli	Salad	Baked Beans
<b>Sweet/Dessert</b>	Sponge and Custard	Chocolate Fudge Cake	Apple Crumble Custard	Chocolate Flapjack	Fresh Fruit Salad Cream