

Menu for Lent Term 2010

BREAKFAST		Monday 8 th March	Tuesday 9 th March	Wednesday 10 th March	Thursday 11 th March	Friday 12 th March	Saturday 13 th March	Sunday 14 th March	
		Apple juice Orange juice	Pineapple juice Apple juice	Apple juice Orange juice	Pineapple juice Apple juice	Apple juice Orange juice			
		Rice Krispies, Weetabix, Special K, Shreddies, Porridge Greek Yoghurt, Mandarin segments, Selection of dried fruits							
		A selection of seasonal fruit is available at breakfast time and throughout the day							
		Grilled bacon Breakfast frittata Baked beans Potato waffles Grilled mushrooms Grilled tomatoes	Boiled eggs Sliced Brie Sliced Emmental Croissants Pain au Chocolat Brioche	Smoked salmon with scrambled eggs Oxford chipolatas Hash browns Baked beans Grilled tomatoes Grilled mushrooms	American pancakes with maple syrup and grilled bacon Baked beans Sauteed mushrooms Grilled tomatoes	Grilled bacon Oxford chipolatas Poached eggs Grilled tomatoes Baked beans Grilled mushrooms			
		And also Fairtrade Rosie tea & Tikka coffee, Hot chocolate, Chilled filtered water, Chilled milk French bread, Wholemeal petit pain, Wholemeal sliced bread with jams, marmalade, honey, marmite, butter & Flora							

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SALAD BAR	Monday 8 th March	Tuesday 9 th March	Wednesday 10 th March	Thursday 11 th March		
	Coronation chicken Smoked mackerel	Italian salami Egg mayonnaise	Baked gammon Pesto salmon	Roast beef Cheese & onion pasties		
	Fruity Northern African salad Potato & spring onion salad	Roasted vegetable salad Coronation pasta salad	Moroccan carrot & radish salad Winterslaw	Juan's oriental salad Rice salad		
	Pick 'n' mix: Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot Red, yellow & green pepper sticks Radishes Spring onions French Dressing Mayonnaise Daily 'special' dressing	Pick 'n' mix: Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot Red, yellow & green pepper sticks Radishes Spring onions French Dressing Mayonnaise Daily 'special' dressing	Pick 'n' mix: Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot Red, yellow & green pepper sticks Radishes Spring onions French Dressing Mayonnaise Daily 'special' dressing	Pick 'n' mix: Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot Red, yellow & green pepper sticks Radishes Spring onions French Dressing Mayonnaise Daily 'special' dressing		

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M A I N S	Chilli con Carne with soured cream and tortilla chips	Go-Go chicken	Shepherd's pie & gravy	Coca-cola baked gammon	
	Salmon & sweetcorn casserole in jacket potatoes	Battered cod with lemon, ketchup & tartare sauce	Seafood pasta	Spicy tuna tortilla	
	Macaroni cheese and tomato	Springtime risotto	Aubergine biryani stuffed mushrooms	Cheese & tomato pizza	
V E G	Basmati & wild rice Peas Broccoli Tomato, onion & basil salad	Jacket wedges Sweetcorn Carrot Green beans	Roasted butternut squash Broccoli Peas	Roasted new potatoes Carrots Ratatouille Green beans	

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PUD	<p>Pear & chocolate cake with custard or cream</p> <p>Tropical fruit crunch</p> <p>Melon & grape cocktail</p>	<p>Raspberry jam sponge & custard</p> <p>Banoffee cheesecake</p> <p>Fruit yoghurt</p>	<p>Lemon meringue roulade</p> <p>Cheese & biscuits</p> <p>Cranberry jelly</p>	<p>Peach & pear flapjack & custard</p> <p>Raspberry waffle pudding</p> <p>Fruit salad</p>	
HOMEMADE SOUP	<p>Monday 8th March</p> <p>Mushroom soup</p>	<p>Tuesday 9th March</p> <p>Thai vegetable soup</p>	<p>Wednesday 10th March</p> <p>Tomato soup</p>	<p>Thursday 11th March</p> <p>Vegetable soup</p>	
ROLLS or SANDWICHES	<p>Egg & cress sandwiches</p>	<p>Cream cheese & cucumber sandwiches</p>	<p>Salmon & lettuce leaves sandwiches</p>	<p>Egg sandwiches</p>	

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<p>PASTA or JACKETS</p>	<p>Baked jacket potato filled with baked beans or vegetable curry</p>	<p>Penne Carbonara with grated parmesan and French bread</p>	<p>Cheesy bean- topped jacket potatoes</p>	<p>Spaghetti & pesto</p>	
<p>'SPECIAL'</p>	<p>Spanish chicken pie with assorted vegetables</p>	<p>Salmon fishcake with citrus mayonnaise Ratatouille</p>	<p>Cod bites with tomato pasta bake Broccoli</p>	<p>100% Beef burgers in floured baps with mustard, ketchup or mayonnaise</p>	