

## Summer menu 2011 - Week 1

|              | MONDAY   | TUESDAY  | WEDNESDAY                                      | THURSDAY   | FRIDAY   |
|--------------|--|--|--|--|--|
| <b>RED</b>   | Pastryless ham, cheese & tomato quiche                   | Roast chicken<br>(halal available)<br>OR roast beef<br>(alternated 3 weekly) | Turkey sweet & sour<br><br>stir fry vegetables | Assorted cold meats<br><br>battered new potatoes | Fresh salmon pasta arrabiata<br><br>homemade foccacia bread              |
|              | Diced oven roasted garlic potatoes                       | Roast gravy & trimmings<br>Roasted/new potatoes<br>Vegetable medley          | boiled white rice                              | composite salads                                 | green salad  |
|              | Baked beans OR spaghetti hoops                           |  |  |  |  |
| <b>BLUE</b>  | Mixed seafood paella mussels, prawns, cockles & calamari | Summer vegetable soup served with crusty roll                                | Cowboy sausages<br><br>served with corn bread  | Cauliflower & broccoli cheese bake               | Potato, cheese & courgette frittata<br><br>sliced tomatoes & green salad |
|              | Lemon wedge & crusty bread                               |  |  |  |  |
| <b>GREEN</b> | Meat free pastryless quiche                              | Roast Quorn & trimmings  | Chicken style Quorn sweet & sour               | Egg mayonnaise<br><br>battered new potatoes      | Ratatouille pasta<br><br>homemade foccacia bread                         |
|              | Diced oven roasted garlic potatoes                       | Roasted/new potatoes<br>Vegetable medley                                     | stir fry vegetables<br><br>boiled white rice   | composite salads                                 |  |
|              | Baked beans OR spaghetti hoops                           |  |  |  |  |
|              | Fresh fruit salad With cream                             | Greek yoghurt with honey & raisins   | Apple, cheese & crackers                       | Summer fruit crumble with evaporated milk        | Friday treat ice cream wafer   |
|              | Yoghurt  | Yoghurt  | Yoghurt  | Yoghurt  | Yoghurt  |
|              | Fresh fruit or raisins                                   | Fresh fruit or raisins   | Fresh fruit or raisins                         | Fresh fruit or raisins                           | Fresh fruit or raisins   |

## Summer menu 2011 - Week 2

|              | MONDAY   | TUESDAY   | WEDNESDAY                           | THURSDAY  | FRIDAY  |
|--------------|--|---|-------------------------------------|---|---|
| <b>RED</b>   | Sticky garlic<br>lemon chicken<br><small>(Halal available)</small> | breaded hoki gougons<br><br>fresh tartar sauce      | beef lasagne<br><br>Summer coleslaw | lamb burritos<br><br>potato wedges  | homemade bacon &<br>sausagemeat pie<br><br>croquette potatoes |
|              | Herby cous cous  | buttered new potatoes                               | garlic bread                        | lettuce, tomato<br>& cucumber salad   | baked beans or mixed salad                                    |
|              | French beans   | peas & tinned tomatoes                              |                                     |   |   |
| <b>BLUE</b>  | Cheese & onion<br>potato pie                                       | Mild vegetable &<br>chickpea curry                  | fresh avocado<br>salsa salad        | chicken, sweetcorn<br>& mayonnaise filled rolls<br><small>(Halal available)</small> | savoury tuna filled<br>jacket potato                          |
|              | Baked beans  | rice & plain yoghurt                                | garlic bread                        | salad garnish   | baked beans   |
| <b>GREEN</b> | Roasted vegetables   | breaded vegetable fingers                           | vegetarian lasagne                  | Quorn mince burritos  | cheese & vegetable slice                                      |
|              | Herby cous cous  | buttered new potatoes<br><br>peas & tinned tomatoes | Summer coleslaw<br><br>garlic bread | potato wedges<br><br>lettuce, tomato<br>& cucumber salad                            | croquette potatoes<br><br>baked beans or mixed salad          |
|              | Crème caramel  | Lemon & blueberry<br>muffin                         | Fresh fruit salad<br>with ice cream | Jelly & custard<br>trifle   | Chocolate & raisin<br>crispie cake                            |
|              | Yoghurt  | Yoghurt   | Yoghurt                             | Yoghurt   | Yoghurt   |
|              | Fresh fruit or raisins   | Fresh fruit or raisins                              | Fresh fruit or raisins              | Fresh fruit or raisins  | Fresh fruit or raisins  |

- Bread available daily
- Where indicated, Halal chicken can be served if requested

## Summer menu 2011 - Week 3

|              | MONDAY                          | TUESDAY                                  | WEDNESDAY  | THURSDAY                                      | FRIDAY                                     |
|--------------|---------------------------------|--|--|---|--|
| <b>RED</b>   | Homemade turkey burger with bun | American meatloaf                        | oven baked Pollock & salmon fishcakes            | roast pork OR roast lamb                      | homemade bacon & pepperoni pizza           |
|              | BBQ sauce<br>chipped potatoes   | fresh tomato sauce<br>sweetcorn fritters | parsley sauce<br>sweetcorn & peas                | roast gravy & trimmings<br>new/roast potatoes | spaghetti hoops<br>carrot & apple coleslaw |
|              | Baked beans or bean salsa salad | peas & new potatoes                      |  | vegetable medley                              |  |
| <b>BLUE</b>  | Sliced ham                      | reggae bacon & chorizo<br>rasta pasta    | cheese ploughman's salad served with crusty roll | homemade tuna & sweetcorn pizza               | Leek, pea & mushroom risotto               |
|              | Chipped potatoes                | green salad                              |  | tomato, onion & rocket salad                  |  |
|              | Baked beans                     |  |  |   |  |
| <b>GREEN</b> | Quorn burger with bun           | vegetarian meatloaf                      | vegetarian chilli<br>filed jacket potato         | roast Quorn                                   | meat free pizza                            |
|              | BBQ sauce<br>chipped potatoes   | fresh tomato sauce<br>sweetcorn fritters |  | roast gravy & trimmings<br>new/roast potatoes | spaghetti hoops<br>carrot & apple coleslaw |
|              | Baked beans or bean salsa salad | peas & new potatoes                      |  | vegetable medley                              |  |
|              | 'Wait 'n' see' pudding          | Fruited jelly & ice cream                | Summer fruit smoothie with fairy finger          | Fresh fruit salad with evaporated milk        | fruited flapjack                           |
|              | Yoghurt                         | Yoghurt                                  | Yoghurt  | Yoghurt                                       | Yoghurt                                    |
|              | Fresh fruit or raisins          | Fresh fruit or raisins                   | Fresh fruit or raisins                           | Fresh fruit or raisins                        | Fresh fruit or raisins                     |