

Menu Cycle Secondary Schools

September 2009

food glorious food

SEPTEMBER 09 WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Bolognaise with Pasta	Lamb Jollof Rice	Roast Beef in Gravy served with Crispy Roast Potatoes	Thai Green Chicken Curry Served with Steamed Rice	Battered Cod Portion With Chunky Chips
Quorn and Vegetable Tikka Masala with Rice	Cheese and Sweet Pepper Tart with Spicy Vegetable Pasta	Vegetarian Toad in the Hole served with Mashed Potato	Vegetable Lasagne Served with Garlic and Herb Bread Wedge	Fresh Vegetable Frittata with Cajun Baked Potato Wedges
Garden Peas Stir-Fry Fresh Veggies Or Seasonal Salad Selection	Fresh Broccoli Florets Fresh Cauliflower Or Seasonal Salad Selection	Fresh Sliced Carrots Seasonal Fresh Cabbage Or Seasonal Salad Selection	Fresh Courgettes Golden Sweetcorn Or Seasonal Salad Selection	Garden Peas Baked Beans Or Seasonal Salad Selection
Blackberry and Apple Pie with Custard	Toffee Apple Crumble with Custard	Chocolate and Mandarin Cake with Chocolate Sauce	Sultana Sponge with Custard	Creamy Rice Pudding with Winter Fruits
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection
Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings
Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings
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SEPTEMBER 09 WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Calypso Chicken with Rice and Black Eyed Peas	Mexican Chilli Con Carne with Oven Baked Wedges	Roast Lamb in Gravy served with Crispy Roast Potatoes	Lasagne al Forno	Salmon Fishcake with Tomato Relish and Chunky Chips
Tomato and Cheese Pasta Bake with Garlic Dough Balls	Chimichangas with Tomato Rice	Quorn Sausage and Roast Vegetable Arrabbiata Served on a Bed of Pasta	Spanish Omelette with Parsley Potatoes	Vegetable Korma with Pilau Rice
Garden Peas Broccoli Florets Or Seasonal Salad Selection	Fresh Carrots Golden Sweetcorn Or Seasonal Salad Selection	Green Beans Mashed Swede Or Seasonal Salad Selection	Broccoli Florets Fresh Carrots Or Seasonal Salad Selection	Garden Peas Stir Fry Vegetables Or Seasonal Salad Selection
Crunchy Fruit Crumble with Custard	Jaffa Orange Sponge with Custard	Apple Pie with Custard	Zesty Bread Pudding with Custard	Carrot Cake With Vanilla Sauce
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SEPTEMBER 09 WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato Tuna Pasta Bake	Shepherds Pie	Roast Turkey in Gravy served with Crispy Roast Potatoes	Spicy Beef Enchiladas	Jamaican Spicy Patties with Jacket Wedges
Vegetarian Bolognese with Pasta	Black Bean Quorn and Vegetable Stir Fry with Noodles	Mediterranean Tart with Parsley Potatoes	Cheesy Macaroni Bake	Vegetable Chilli with Steamed Rice
Green Beans Fresh Carrots Or Seasonal Salad Selection	Fresh Broccoli Florets Golden Sweetcorn Or Seasonal Salad Selection	Fresh Sliced Carrots Seasonal Fresh Cabbage Or Seasonal Salad Selection	Roasted Root Vegetables Broccoli Florets Or Seasonal Salad Selection	Fresh Mixed Vegetables Garden Peas Or Seasonal Salad Selection
Rhubarb and Lemon Cake with Custard	Fruity Rice Pudding	Oaty Fruit Crumble with Custard	Dorset Apple Cake with Vanilla Sauce	Wholemeal Chocolate Crunch with Fruit And Custard
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