



School Lunchtime Menu

14 November 2011 - 18 May 2012

Monday Tuesday Wednesday Thursday Friday

Week 1

Red Band	Welsh Lamb grill in a bun	Cheese and tomato pizza	Sliced pork with apple sauce	Gammon Slice	Salmon nibble tortilla wrap
Green Band	Chick pea and potato curry	Chicken pie with gravy	Broccoli and tomato cheesy pasta	Cheesy omelette	Quorn pasta bake
Veggie Only					

Week 2

Red Band	Chicken korma	Pork sausages	Chicken breast in gravy	Beef spaghetti bolognese	Breaded Had-dock fillet
Green Band	Fish crunchy	Cheesy pasta bake with potato & sweet-	Frittata omelette	Cheesy filled jacket potato	Quorn sausages in gravy
Veggie Only	Quorn korma				

Week 3

Red Band	Beef meat-balls in gravy	Fillet fish fingers	Chicken deli Wrap	Pork loin steak in gravy	Salt and vinegar battered fish fillet
Green Band	Cheesy leak and potato pie	Sweet and sour chicken	Tomato fusilli	Margherita pizza	Cheese and sweetcorn flan
Veggie Only		Sweet and sour quorn	Quorn Bolognese		

November 2011

Wk	Mon	Tue	We	Th	Fri
1	14	15	16	17	18
2	21	22	23	24	25
3	28	29	30		

December 2011

Wk	Mo	Tu	We	Th	Fri
3				1	2
1	5	6	7	8	9
2	12	13	14	15	16

January 2012

Wk	Mo	Tue	We	Th	Fri
2			4	5	6
3	9	10	11	12	13
1	16	17	18	19	20
2	23	24	25	26	27
3	30	31			