

# School Canteen Menu | 2012

	Week 1	Week 2	Week 3
Monday	<p><b>Salmon nuggets or Chicken Bali</b> Seasonal Vegetables Rice or Oven wedges</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>	<p><b>Chili con carne or baked fish</b> Peas or baked beans Rice and Potato wedges</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>	<p><b>Chicken Korma</b> Wholegrain rice and salad <b>baked fish</b> New potatoes or oven cooked wedges Seasonal vegetables</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>
Tuesday	<p><b>Pork Chops with apple sauce or Sausage with Yorkshire pudding</b> Roast or Creamed potatoes Seasonal vegetables</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>	<p><b>Meat balls in tomato sauce Cottage pie with Cheese topping</b> Seasonal vegetables</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>	<p><b>Chicken and leek hotpot Fishcakes and mixed salad</b> Seasonal vegetables</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>
Wednesday	<p><b>Spaghetti Bolognese Barbequed Chicken</b> New Potatoes or Seasonal vegetables</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>	<p><b>Farmhouse Grill Beef Lasagne</b> New and Roast potatoes, vegetables</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>	<p><b>Chicken Chasseur Ham and Tomato pasta bake</b> New or Jacket potatoes Seasonal vegetables</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>
Thursday	<p><b>Bacon chops with parsley sauce Roast turkey and stuffing</b> Roast and new potatoes Seasonal vegetables</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>	<p><b>Roast Turkey with stuffing Roast beef and Yorkshire pudding</b> Roast and creamed potatoes Seasonal vegetables.</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>	<p><b>Roast beef and Yorkshire pudding Roast Turkey with stuffing</b> Roast potatoes Seasonal Vegetables</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>
Friday	<p><b>Oven baked Cod Sweet and sour chicken</b> Brown rice Oven cooked wedges Peas or baked beans</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>	<p><b>Beef burger in a bun Baked fish and salad</b> Oven cooked wedges Peas or baked beans</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>	<p><b>Baked Cod Chicken Rogan Josh</b> Wholegrain rice and salad. Oven cooked wedges Peas or baked beans</p> <p>Vegetarian Option</p> <p>Assorted desserts and fresh fruit salad</p>