

## Primary Menu Summer 2012

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week One - week commencing - 16<sup>th</sup> April; 14<sup>th</sup> May; 18<sup>th</sup> June; 16<sup>th</sup> July</b>					
<b>MEAL ONE</b>	Stir-Fried Chicken with Broccoli and Noodles	Minced Lamb Pie with Mash	Marinated Chicken Wraps	Roast Lamb with Roast Potatoes	Chicken Tikka Masala with Basmati Rice
<b>MEAL TWO</b>	Fish Fingers with Tomato Ketchup and Creamed Potatoes	Cheesy Salmon and Pasta Bake	Tuna Quiche Baked Jacket Wedges	Cheesy Fish Parcels with Roast Potatoes	Fish Fajitas
<b>MEAL THREE (V)</b>	Tortilla Wraps with Cheese and Coleslaw	Palak Paneer with Yoghurt and Chapati	Jumbo Cheese and Tomato Pizza Slice	Spring Vegetable and New Potato Bake	Quorn Hot Dog with Tomato Ketchup
<b>VEGETABLES</b>	Baked Beans Sweetcorn	Carrots Broccoli	Peas Baked Beans	Carrots Cabbage	Mixed Salad Sweetcorn
<b>DESSERT</b>	Frozen Yoghurt	Fruit Jelly with Shortbread Biscuit	Peach Crumble with Custard	Fresh Fruit Salad with Cream	Butterscotch Tart
WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week Two - week commencing - 23<sup>rd</sup> April; 21<sup>st</sup> May; 25<sup>th</sup> June; 23<sup>rd</sup> July</b>					
<b>MEAL ONE</b>	Spaghetti Bolognese	Chicken in a Barbecue Sauce with Rice	Roast Turkey with Roast Potatoes	Kheema Matar with Naan Bread	Chicken Nuggets with Tomato Ketchup and Baked Jacket Wedges
<b>MEAL TWO</b>	Tortillas Wraps with Tuna and Cucumber	Mediterranean Fish with Rice	Fish Pie Roast Potatoes	Tuna and Sweetcorn Puff with Mash	Seafood Pasta
<b>MEAL THREE (V)</b>	Roasted Vegetable Tart with Mash	Broccoli and Cauliflower Cheese	Pasta with Tomato & Lentil Sauce	Jumbo Cheese and Tomato Pizza Slice	Carrot, Cream Cheese and Tortilla Swirls
<b>VEGETABLES</b>	Sweetcorn Broccoli	Peas Carrots	Spring Greens Cauliflower	Carrots Broccoli	Baked Beans Mixed Salad
<b>DESSERT</b>	Ice Cream Tub	Chocolate Sponge with Chocolate Sauce	Fresh Fruit Salad and Cream	Oat Cookies with Milk or Juice	Fruit Pie with Custard
WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week Three - week commencing 30<sup>th</sup> April; 28<sup>th</sup> May; 2<sup>nd</sup> July</b>					
<b>MEAL ONE</b>	Chicken Chow Mein	Caribbean Chicken with Rice	Moroccan Lamb with Cous Cous	Roast Lamb with Roast Potatoes	Chicken & Vegetable Pie with Mash
<b>MEAL TWO</b>	Fish, Potato and Spinach Bake	Salmon Quiche with New Potatoes	Fish Fingers with Tomato Ketchup and Creamed Potatoes	Creamy Fish Pasta	Smoked Mackerel Pate with French Bread
<b>MEAL THREE (V)</b>	Jumbo Cheese and Tomato Pizza Slice	Dhal and Basmati Rice	Potato and Leek Roll	Cheese and Egg Salad with New Potatoes	Jacket Potato with Cheese & Baked Beans
<b>VEGETABLES</b>	Carrots Broccoli	Peas Mixed Salad	Baked Beans Broccoli	Cabbage Sweetcorn	Peas Baked Beans
<b>DESSERT</b>	Frozen Yoghurt	Carrot Cake with Custard	Flapjack	Fresh Fruit Salad with Cream	Scones with Jam and Cream
WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week Four - week commencing 7<sup>th</sup> May; 11<sup>th</sup> June; 9<sup>th</sup> July</b>					
<b>MEAL ONE</b>	Chicken Sausages with Creamed Potatoes	Jacket Potato with Chilli Mince	Roast Turkey with Roast Potatoes	Lasagne	Chicken and Sweetcorn Puff with Jacket Wedges
<b>MEAL TWO</b>	Tuna Spaghetti	Fish Plait with New Potatoes	Tuna and Tomato Baguette	Two Home Made Fish Cakes	Prawn Stir-Fry with Noodles
<b>MEAL THREE (V)</b>	Vegetable Fajitas with Salsa	Chick Peas Curry and Basmati Rice	Roasted Vegetable Strudel with Roast Potatoes	Corn and Bean Tortilla Cake	Jumbo Cheese and Tomato Pizza Slice
<b>VEGETABLES</b>	Carrots Peas	Sweetcorn Indian Carrot Salad	Peas Cabbage	Carrots Sweetcorn	Baked Beans Broccoli
<b>DESSERT</b>	Frozen Fruit Smoothie	Apple Turnover with Custard	Iced Sponge	Pears with Chocolate Sauce	Trifle

**Bread** - fresh bread is available to accompany all meals

**The Salad Bar** - a selection of 4 - 6 salads are available daily to accompany main meals. Varieties include cucumber, tomato segments, grated carrot, beetroot, shredded iceberg lettuce, coleslaw, mixed pepper salad, pasta salad, sweetcorn, apple and celery and green salad.

**Dessert** - as an alternative to the Dessert of the Day we offer a choice of yoghurt, cheese and biscuits or fresh fruit.