



M E N U

Weeks Commencing: 7th September, 5th October, 9th November & 7th December 2009

Monday	Oven Baked Chicken Pieces Steamed Rice Sweetcorn Tomato Sauce	Cheese Mushrooms	Yoghurt
Tuesday	Lamb Bake Pitta Breads Broccoli au Gratin	Vegetable Stir Fry	Country Crumble
Wednesday	Roast Beef Roast Potatoes Carrots	Stuffed peppers	Chocolate Sponge
Thursday	Barbecue Sausages Yorkshire Pudding Mixed Vegetables	Vegetarian Sausages	Fruit Salad
Friday	Salmon Fish Fingers Pommes Noisettes Peas	Vegetable Goujons	Flapjack

In addition to the above, the following items are available to High School pupils every day:

- Baguettes – with a variety of fillings
- Jacket Potatoes – with a variety of fillings
- Full Salad Bar, including cooked meats, cheese, tuna, eggs and Bread Basket
- Fresh Fruit
- Yoghurt Pots

Due to manufacturing processes, some products may contain nuts or traces of nuts.
Please look out for any signs regarding this on the servery.

