



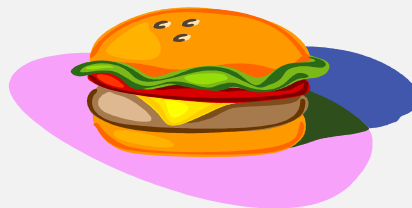
SCHOOL MENU



<u>BREAKFAST</u>	<u>PACKED LUNCHES</u>	<u>Monday</u>	<u>DINNER</u> <u>Tuesday (Barbeque)</u>	<u>Wednesday</u>	<u>Thursday (Barbeque)</u>
Choice of cereals Cornflakes , Rice Crispies or Weetabix with semi-skimmed milk (V) From the cold counter Fresh Fruit basket, selection of Yoghurts, grapefruit and orange Segments, dried fruit, prunes Apricots, sultanas & raisins (V) Choice of orange or apple juice (V) Choice of tea or coffee Choice of breads, toast, Oatcakes & Ryvita (V) Choice of 4 hot items Scrambled eggs (V) Bacon Mushrooms (V) Tomatoes (V)	Wholemeal and White Bread Oatcakes & Ryvita (V) <u>Selection of</u> Sliced ham, cheese, spreads (V) Tuna mayonnaise Low fat cream cheese (V) Tomatoes, cucumber, lettuce (V) Selection of pickles (V), jams (V), Marmite Fresh fruit (V) Crisps (V) Biscuit (V) Blackcurrant or Orange Squash (V) Yoghurt (V)	Mixed Vegetable Soup (V) Bread basket Cottage Pie with Fresh Vegetables or Macaroni cheese, salad (V) French bread Fruit crumble & custard (V)	Tomato Soup (V) Bread basket Beef-burger in a bun with Sliced cheese & salad topping or Mixed vegetable kebabs (V) With pita bread & salad Topping Choc Ice (V)	Lentil Soup (V) Bread basket Quiche (V), Spaghetti Hoops, chips or Tomato & cheese pizza (V) Chips, spaghetti hoops Pancake with Ice cream & syrup (V)	Minestrone Soup (V) Bread basket Sweet & sour chicken With Savoury Rice or Sausage in a bun With onions Veggie burger in bun with onions (V) Fruit Lolly (V)
<p>Baked potato with a selection of toppings (V), Salad Bar (V), Fresh Fruit and a Selection of Yoghurts (V) are included as part of the dinner menu every day</p>					

ALL MEALS ARE SELF-SERVICE

**REMEMBER TO MAKE YOUR PACKED LUNCH
AFTER BREAKFAST EACH DAY**



AFTERNOON SNACK

4pm
Orange / Blackcurrant
squash
Drinking chocolate
Biscuit



EVENING SNACK

9pm
Orange / Blackcurrant
squash
Drinking chocolate
Chocolate biscuit*

