

SMART LIFESTYLE




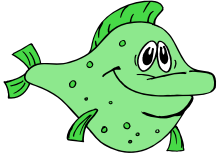

SPRING/SUMMER '09

WEEK 1 commencing

13th April (school closed), 11th May, 8th June, 17th August (school closed), 14th Sept

V = vegetarian

* Vegetarian meal prepared on request

Monday*	Tuesday	Wednesday	Thursday*	Friday
 Chicken Curry & Rice or Tuna Pasta Salad Sweetcorn Organic Carrot Sticks	 Shepherds Pie or Homemade Soup(v) Ham or Free Range Egg(v) Sandwiches Sliced Green Beans Beans Mixed Salad	 Chicken Fillet Bites Potato Croquettes or Cheese & Tomato Pizza(v) Baked Beans Crisp Summer Coleslaw	 Braised Beef & Vegetables or Salmon Nibbles Ketchup Mashed Potato Broccoli Pick and Mix Salad	 Fish & Chips or Baked Jacket Potato with Tuna Mayo or Cheese(v) Peas Carrot, Apple & Sultana Salad
Semolina & Fruit Fresh Fruit Selection Assorted Yoghurts	Peach & Raspberry Muffin Fresh Fruit Selection Assorted Yoghurts	Bananas & Custard Fresh Fruit Selection Assorted Yoghurts	Jelly & Fruit Fresh Fruit Selection Assorted Yoghurts	Mini Milk Lollies Fresh Fruit Selection Assorted Yoghurts

Children's favourites made with healthier ingredients




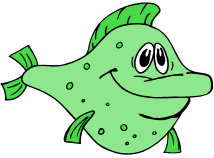

SMART LIFESTYLE

SPRING/SUMMER '09

WEEK 2 commencing

20th April, 18th May, 15th June, 24th August, 21st September

A selection of bread from the bread basket and milk, water or pure fruit juice are included as part of our lunch meal.

Monday	Tuesday*	Wednesday*	Thursday	Friday*
 <p>Macaroni Cheese(v)</p> <p>or</p> <p>Chicken Burger in a Roll</p> <p>Sliced Beetroot Coleslaw</p>	 <p>Spaghetti Bolognese</p> <p>or</p> <p>Tuna Mayonnaise or Free Range Egg(v) Salad Wrap</p> <p>Peas Mixed Salad</p>	 <p>Fish Fingers</p> <p>or</p> <p>Hot Dogs</p> <p>Potato Wedges Spaghetti Hoops Vegetable Sticks</p>	 <p>Roast Beef & Gravy Roast Potatoes</p> <p>or</p> <p>Cheese(v) or Chicken Salad Baguette</p> <p>Cauliflower Florets Organic Carrots</p>	 <p>Chicken Fricassee</p> <p>or</p> <p>Salmon Kebab</p> <p>Rice or Couscous Broccoli Sweetcorn</p>
<p>Fruit Crumble & Custard Fresh Fruit Selection Assorted Yoghurts</p>	<p>Carrot Cake</p> <p>Fresh Fruit Selection Assorted Yoghurts</p>	<p>Fresh Fruit Salad</p> <p>Fresh Fruit Selection Assorted Yoghurts</p>	<p>Fruit Sorbet & Wafer Fresh Fruit Selection Assorted Yoghurts</p>	<p>Muesli Slice Milkshake Fresh Fruit Selection Assorted Yoghurts</p>

Children's favourites made with healthier ingredients




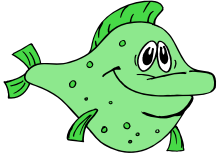

SMART LIFESTYLE

SPRING/SUMMER '09

WEEK 3 commencing

27th April, 25th May, 22nd June, 31st August, 28th September

These menus have been nutritionally analysed and approved by our dietitian

Monday	Tuesday*	Wednesday	Thursday*	Friday*
				
<p>Ham Salad & Potato Croquettes</p>	<p>Chicken Korma & Rice</p>	<p>Mince & Tatties</p>	<p>Pork Sausages Mashed Potato</p>	<p>Fish & Chips</p>
<p>or Cheese & Tomato Pizza(v)</p>	<p>or Salmon Nibbles Ketchup Potato Wedges</p>	<p>or Homemade Soup(v) Cheese(v) or Chicken Mayo Sandwiches</p>	<p>or Baked Jacket Potato with Tuna Mayonnaise</p>	<p>or Chicken Fillet Bites Chips</p>
<p>Diced Mixed Vegetables Beetroot & Carrot Salad</p>	<p>Broccoli Tomatoes</p>	<p>Green Beans Mixed Salad</p>	<p>Baked Beans Pick and Mix Salad</p>	<p>Peas Sweetcorn & Pepper Salad</p>
<p>Rice Pudding & Fruit Fresh Fruit Selection Assorted Yoghurts</p>	<p>Jelly Whip Fresh Fruit Selection Assorted Yoghurts</p>	<p>Ice Cream & Fruit Fresh Fruit Selection Assorted Yoghurts</p>	<p>Melon, Grape & Orange Salad Fresh Fruit Selection Assorted Yoghurts</p>	<p>Banana Muffin Fresh Fruit Selection Assorted Yoghurts</p>

Children's favourites made with healthier ingredients




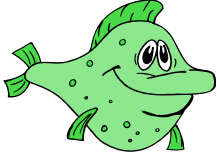

SMART LIFESTYLE

SPRING/SUMMER '09

WEEK 4 commencing

4th May (school closed), 1st June, 29th June, 7th September, 5th October



Monday	Tuesday*	Wednesday*	Thursday	Friday
				
<p>Sweet & Sour Chicken Rice or Couscous</p>	<p>Fish Fingers & Ketchup Potatoes</p>	<p>Roast Pork & Apple Sauce Roast Potatoes</p>	<p>Beef Lasagne</p>	<p>Macaroni Cheese(v)</p>
<p>or Tuna or Cheese(v) Wrap with Salad</p>	<p>or Chicken Pasta Salad</p>	<p>or Salmon Kebab Savoury Rice</p>	<p>or Ham or Egg Mayonnaise(v) Baguette</p>	<p>or Beef or Venison Burger in a Roll Potato Wedges</p>
<p>Garden Peas Carrots</p>	<p>Broccoli Vegetable Sticks</p>	<p>Spring Cabbage Sweetcorn</p>	<p>Green Salad Beetroot</p>	<p>Baked Tomatoes Peas</p>
<p>Pears & Custard</p>	<p>Peach & Apricot Sponge and Cream</p>	<p>Fruit Sorbet Wafer</p>	<p>Oat Cookie Milkshake</p>	<p>Fresh Fruit Salad</p>
<p>Fresh Fruit Selection Assorted Yoghurts</p>	<p>Fresh Fruit Selection Assorted Yoghurts</p>	<p>Fresh Fruit Selection Assorted Yoghurts</p>	<p>Fresh Fruit Selection Assorted Yoghurts</p>	<p>Fresh Fruit Selection Assorted Yoghurts</p>

Children's favourites made with healthier ingredients