

SMART LIFESTYLE AUTUMN/WINTER 2011



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
MON	<p>Home made Soup (v) or Fruit Starter Cod Fillet Fish Fingers with Wedges Cheese & Tomato Pasta (v) Mixed Vegetables Salad Selection</p>	<p>Spaghetti Bolognaise Pizza (v) & Garlic Bread Sweetcorn Salad Selection Fruit Sponge & Custard</p>	<p>Home made Soup (v) or Fruit Starter Cheese & Broccoli Pasta Bake (v) 100% Beef or Venison Burger in a Bun Sweetcorn, Salad Selection</p>	<p>* Sausages in Gravy Salmon Fishcake Mashed Potatoes Baked Beans Salad Selection Fruit Muffin & Custard</p>	MON
TUE	<p>* Chicken Curry & Rice Hot Dog Roll & Potato Dice Sweetcorn Salad Selection Fruit Crumble & Custard</p>	<p>* Home made Soup (v) or Fruit Starter Bangers & Mash Ham Baguette Carrots Salad Selection</p>	<p>* Chicken Hotpot Salmon Nibbles & Ketchup Potato Dice Mixed Vegetables Salad Selection Sticky Toffee Pudding & Cream</p>	<p>* Home made Soup (v) or Fruit Starter Lasagne Chicken Fillet Bites Potato Wedges, Sweetcorn Salad Selection</p>	TUE
WED	<p>* Home made Soup (v) or Fruit Starter Mince & Tatties Tuna Wrap Broccoli Salad Selection</p>	<p>Macaroni Cheese (v) Lemon Chicken & Rice Broccoli Salad Selection Angel Delight & Fruit</p>	<p>* Home made Soup (v) or Fruit Starter Shepherds Pie Jacket Potato with Tuna Baked Beans Salad Selection</p>	<p>Haggis, Neeps & Tatties Macaroni Cheese (v) Broccoli Salad Selection Fruit Salad</p>	WED
THUR	<p>* Roast Pork & Gravy Salmon Nibbles & Ketchup Roast Potatoes Carrots Salad Selection Rice Pudding & Fruit</p>	<p>* Home made Soup (v) or Fruit Starter Roast Beef & Gravy Salmon Kebab Roast Potatoes Cauliflower, Salad Selection</p>	<p>* Roast Pork & Gravy Chicken Korma & Rice Roast Potatoes Broccoli, Salad Selection Fruit & Ice Cream & Wafers</p>	<p>* Home made Soup (v) or Fruit Starter Steak Pie & Croquette Potatoes Chicken Burger in a Bun Cabbage, Salad Selection</p>	THUR
FRI	<p>100% Beef or Venison Burger in a Bun Jacket Potato with Cheese (v) Peas, Salad Selection Chocolate Sponge & Custard</p>	<p>* Fish & Chips Chicken Fillet Bites & Chips Peas Salad Selection Cook's Homebake & Milkshake</p>	<p>Cod Fillet Fish Fingers Cheese Wheels (v) Potato Wedges, Peas Salad Selection Chocolate Brownie</p>	<p>Fish & Chips Pizza (v) & Chips Peas Salad Selection Cook's Homebake & Milkshake</p>	FRI

Week 1 Commences: 24th Oct (school closed) 21st Nov, 19th Dec, 30th Jan, 27th Feb, 26th March

Week 2 Commences: 31st October, 28th November, 9th January, 6th February, 5th March

Week 3 Commences: 7th Nov, 5th Dec, 16th Jan, 13th Feb (school closed), 12th March

Week 4 Commences: 14th November, 12th December, 23rd January, 20th February, 19th March