

# Elmstead Primary School

## Menu from 4<sup>th</sup> JANUARY 2012

Fresh water, fruit juice or milk available – depending on daily menu.

There is also a choice of Fresh Fruit or Yoghurt every day.

### Menu week 1 - 4<sup>th</sup> Jan, 23<sup>rd</sup> Jan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Bread Pizza with various Toppings	Butchers Pork Sausages  <b>OR</b> Vegetarian Sausages	Local Roast Chicken served with Yorkshire Pudding in a Rich Gravy  <b>OR</b> Roasted Quorn Fillet	Pork Meatballs in a Tomato Sauce  <b>OR</b> Spaghetti in a Pesto Sauce	Omega 3 enriched Fish Fingers  <b>OR</b> Homemade Quiche
Fresh Salad Selection  Homemade Coleslaw	Mashed Potatoes  Baked Beans	Crispy Roasted Potatoes  Fresh Seasonal Vegetables	Spaghetti  Fresh Salad Selection	Chips  Sweetcorn  Garden Peas
Raspberry Ripple Muffin	Fresh Fruit Platter	Ice Cream Roll	Chocolate Sponge	Homemade Cookie with Grapes

### Menu week 2 - 9<sup>th</sup> Jan, 30<sup>th</sup> Jan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets  <b>OR</b> Vegetable Nuggets	Bacon and Tomato Pasta Bake  <b>OR</b> Cheese and Tomato Pasta Bake	Local Roast Gammon served with Yorkshire Pudding in a Rich Gravy  <b>OR</b> Vegetable Ravioli	Homemade Cheese and Ham Pastry Whirls  <b>OR</b> Cheese Pastry Whirls	Salmon in a Wholemeal Breadcrumb with Parsley Potatoes  <b>OR</b> Cauliflower Cheese
Chips  Baked Beans  Fresh Salad Selection	Garlic Bread  Homemade Coleslaw  Fresh Salad Selection	Crispy Roast Potatoes  Fresh Seasonal Vegetables	Fresh Seasonal Vegetables  Fresh Salad Selection	Golden Sweetcorn Garden Peas  Fresh Salad Selection
Creamy Fruit Whip	Apple Crumble with Custard	Fruit Jelly	Iced Sponge Cake	Chocolate Oat Crunch

### Menu Week 3 - 16<sup>th</sup> Jan, 6<sup>th</sup> Feb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Curry with Naan Bread  <b>OR</b> Neapolitan Pasta	Sausage Rolls  <b>OR</b> Cheesy Beanies	Local Roast Beef served with Yorkshire Pudding in a Rich Gravy  <b>OR</b> Vegetable Kiev	Homemade Shepherd's Pie  <b>OR</b> Jacket Potatoes with Beans and Cheese	Oven Baked Fillet of Fish in a Crispy Crumb  <b>OR</b> Macaroni Cheese
Savoury Rice  Fresh Salad Selection	Herby Potato Wedges  Homemade Coleslaw  Baked Beans	Crispy Roast Potatoes  Fresh Seasonal Vegetables	Baked Beans	Chips  Sweetcorn  Peas
Chocolate Cup Cake	Cheesecake topped with Seasonal Fruit	Individual Ice Cream Tubs	Sponge Cake	Citrus Cookie