






SMART LIFESTYLE AUTUMN/WINTER 2009/10



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

WEEK 2 COMMENCING 2nd November, 30th November, 11th January, 8th February, 8th March

MONDAY	TUESDAY *	WEDNESDAY *	THURSDAY	FRIDAY *
				
Homemade Soup		Homemade Soup		
Chicken Burger in Gravy or Cheese & Tomato Pizza(v)	Spaghetti Bolognaise or Salmon Fishcake Savoury Rice	Bangers & Mash or Tuna or Chicken Salad Baguette	Roast Beef & Gravy or Macaroni Cheese(v)	Fish & Chips or Chicken Fillet Bites & Chips
Potatoes, Carrots & Turnip	Broccoli & Tomatoes	Baked Beans Mixed Vegetables	Roast Potatoes Cauliflower Florets Green Beans	Peas Sweetcorn
Fresh Fruit Selection Assorted Yoghurts	Fruit Crumble & Custard Fresh Fruit Selection Assorted Yoghurts	Fresh Fruit Selection Assorted Yoghurts	Carrot Cake & Custard Fresh Fruit Selection Assorted Yoghurts	Toffee Apple Muffin Milkshake Fresh Fruit Selection Assorted Yoghurts

Children's favourites made with healthier ingredients