






SMART LIFESTYLE AUTUMN/WINTER 2009/10



These menus have been nutritionally analysed and approved by our dietitian

WEEK 3 COMMENCING 9th Nov, 7th Dec, 18th Jan, 15th Feb (school closed), 15th March

MONDAY	TUESDAY	WEDNESDAY *	THURSDAY	FRIDAY *
				
	Homemade Soup		Homemade Soup	
Chicken Korma & Rice or Jacket Potato with Tuna Mayonnaise or Cheese(v)	Cheese & Tomato Pasta Bake (v) or 100% Beef or Venison Burger in a Roll	Roast Chicken & Gravy or Salmon Nibbles Ketchup	Shepherds Pie & Oatcakes or Ham or Free Range Egg(v) Sandwiches	Cod Fillet Fish Fingers or Hot Dog
Broccoli Beetroot	Peas Mixed Salad	Roast Potatoes Green Beans Cauliflower	Mashed Turnip Veggie Sticks	Potato Wedges Sweetcorn & Peppers Baked Beans
Semolina & Fruit Fresh Fruit Selection Assorted Yoghurts	Fresh Fruit Selection Assorted Yoghurts	Upside Down Fruit Pudding & Custard Fresh Fruit Selection Assorted Yoghurts	Fresh Fruit Selection Assorted Yoghurts	Fruity Chocolate Traybake Fresh Fruit Selection Assorted Yoghurts

Fresh and seasonal fruit and vegetables are used when available.