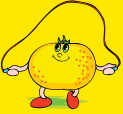






# SMART LIFESTYLE AUTUMN/WINTER 2009/10



**BE COOL HAVE  
YOUR LUNCH  
AT SCHOOL**

**WEEK 4 COMMENCING** 16th November, 14th December, 25th January, 22nd February, 22nd March

<b>MONDAY *</b> 	<b>TUESDAY</b> 	<b>WEDNESDAY *</b> 	<b>THURSDAY *</b> 	<b>FRIDAY</b> 
Homemade Soup		Homemade Soup		
<p>Sausages in Onion Gravy</p> <p>or</p> <p>Chicken Fillet Bites</p>	<p>Chicken Chow Mein</p> <p>or</p> <p>Macaroni Cheese(v)</p>	<p>Meatballs in Tomato Sauce with Pasta Twists</p> <p>or</p> <p>Tuna Tortilla Wrap</p>	<p>Roast Pork &amp; Gravy</p> <p>or</p> <p>Salmon Kebab</p>	<p>Fish &amp; Chips</p> <p>or</p> <p>Cheese &amp; Tomato Pizza(v)</p>
<p>Mashed Potatoes Sweetcorn Mixed Vegetables</p>	<p>Peas Baked Tomatoes</p>	<p>Broccoli Mixed Salad</p>	<p>Croquette Potatoes Cabbage Carrots</p>	<p>Coleslaw Peas</p>
<p>Fresh Fruit Selection Assorted Yoghurts</p>	<p>Fruit Crumble and Custard Fresh Fruit Selection Assorted Yoghurts</p>	<p>Fresh Fruit Selection Assorted Yoghurts</p>	<p>Sticky Toffee Pudding &amp; Cream Fresh Fruit Selection Assorted Yoghurts</p>	<p>Winter Fruit Salad &amp; Custard Fresh Fruit Selection Assorted Yoghurts</p>

Occasionally for reasons beyond our control the menus may have to be changed at short notice.