

# Munchin

Week 1

## Monday

Pork Pasty  
Vegetarian Pasta Bake  
Breaded Salmon Fillet  
Mixed Vegetable Medley  
Salad Bar  
Parsley Potatoes  
Jacket Potatoes  
Lemon Crunch Tart  
Custard Sauce  
Ice-Cream  
Fresh Fruit

## Tuesday

Baked Sausage  
Gravy  
Cheese & Onion Roll  
Carrots  
Broccoli  
Salad Bar  
Creamed Potatoes  
Fruit Crumble  
Custard Sauce  
Chocolate Eclair  
Fresh Fruit

## Wednesday

Gammon With Pineapple  
Vegetable Curry  
Garden Peas & Sweetcorn  
Salad Bar  
Oven Baked Potatoes  
Boiled Rice  
Chocolate Fudge Pudding  
Custard Sauce  
Flavoured Milkshake  
Blue Peter Biscuit  
Fresh Fruit

## Thursday

Roast Turkey  
Sage & Onion Stuffing  
Gravy  
Cheese & Garlic Pizza  
Cabbage  
Fresh Cauliflower  
Salad Bar  
Oven Roast & Creamed Potatoes  
Orange Gateau  
Fresh Fruit Salad  
Yoghurt

## Friday

Spaghetti Bolognaise  
Quorn Spaghetti Bolognaise  
Oven Baked Fish Fingers  
Baked Beans  
Salad Bar  
Oven Chips  
Couscous  
Jam Roly Poly  
Custard Sauce  
Fruit In Jelly  
Fresh Fruit

Week 2

## Monday

Chicken Tikka Masala  
Baked Macaroni Cheese  
Tuna Pasta Bake  
Broccoli  
Golden Sweetcorn  
Salad Bar  
Oven Baked Potatoes  
Ginger Sponge  
Custard Sauce  
Yoghurt  
Fresh Fruit Salad

## Tuesday

Home-Made Sausage Roll  
Bean & Potato Pie  
Courgettes  
Baked Beans  
Salad Bar  
Saute Potatoes  
Curried Rice  
Rice Pudding With Fresh Fruit  
Jam & Cream Scone  
Fresh Fruit

## Wednesday

Braising Steak  
Oven Baked Breaded Fish  
Cheese Sandwich In Bread Roll  
Carrots  
Garden Peas  
Salad Bar  
Creamed Potatoes  
Apple Turnovers  
Homemade Carrot Cake  
Fresh Fruit

## Thursday

Chicken Pie  
Gravy  
Vegetable Lasagne  
Mixed Vegetable Medley  
Cabbage  
Salad Bar  
Roast Potatoes  
Garlic Pasta  
Chunky Fruit Muffin  
Yoghurt  
Fresh Fruit

## Friday

Home-Made Burger In A Bun  
Vegetable Burger In Bread Roll  
Quiche  
Ratatouille  
Crunchy Coleslaw  
Salad Bar  
Oven Chips  
Jacket Potatoes  
Strawberry Victoria Sponge  
Custard Sauce  
Abbey Crunch Biscuit  
Fresh Fruit Juice  
Fresh Fruit

