

Overland Children's Centre Lunchtime Menu — October 2011 to April 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
Week Beginning	Homemade Spaghetti Bolognese	Arabian Lamb served with Rice	Roast Chicken served with Roast Potatoes and Gravy	Lamb Meatballs in Homemade Tomato Sauce served with Pasta	Homemade Piri Piri Chicken
31 st October 2011	Oven Baked Fish Cake served with Wedges	Homemade Margherita Pizza	Homemade Quorn Keema Curry served with Rice	Homemade Tuna Salad Wrap	Oven Baked Fish Fingers
28 th November 2011					
26 th December 2011	Peas Baked Beans	Sweetcorn Broccoli Florets	Fresh Cabbage Carrot Roundels	Whole Green Beans Sweetcorn	Chipped Potatoes Cous Cous
23 rd January 2012					
20 th February 2012	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads	Baked Beans Garden Peas
19 th March 2012	Cheese and Biscuit	Chocolate Ice Cream Roll	Homemade Fruit Pudding with Custard	Muller Peach Yoghurt	Choice of Salads
	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Pineapple and Custard
Week Beginning	Homemade Neapolitan Pasta with Chicken	Homemade Beef Curry served with Rice	Roast Lamb served with Gravy	Homemade Spaghetti Bolognese	Oven Baked Spicy Chicken Bites
7 th November 2011	Oven Baked Breaded Haddock served with Herby Diced Potatoes	Homemade Tuna and Sweetcorn Wrap	Oven Baked Fish Fingers	Homemade Jacket Potato with Cheese	Oven Baked Fish Portion
5 th December 2011					
2 nd January 2012	Peas Baked Beans	Cauliflower Mixed Vegetables	Fresh Cabbage Baton Carrots	Broccoli Florets Sweetcorn	Chipped Potatoes Steamed Rice
30 th January 2012					
27 th February 2012	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads	Baked Beans Garden Peas
26 th March 2012	Homemade Rice Pudding with Mandarins	Muller Fruit Corner	Homemade Lemon Drizzle Cake with Custard	Arctic Roll	Choice of Salads
	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Homemade Chocolate Pudding with Chocolate Custard
Week Beginning	Oven Baked Chicken Burger served in a Bun	Homemade Lamb and Vegetable Casserole with Creamed Potatoes	Roast Chicken served with Roast Potatoes and Gravy	Oven Baked Lamb Sausages in Gravy served with Creamed Potatoes	Oven Baked Barbecue Chicken
14 th November 2011	Oven Baked Salmon Goujons served with Wedges	Homemade Roasted Vegetable Pizza	Homemade Tuna and Cucumber Wrap	Homemade Quorn Paella	Oven Baked Fish Fingers
12 th December 2011					
9 th January 2012	Baked Beans Mixed Vegetables	Sweetcorn Broccoli Florets	Cauliflower Florets Carrots	Sweetcorn Whole Green Beans	Chipped Potatoes Cous Cous
6 th February 2012					
5 th March 2012	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads	Baked Beans Garden Peas
2 nd April 2012	Muller Raspberry Yoghurt	Peaches and Custard	Cheese and Biscuit	Homemade Chocolate Cake with Mandarins and Custard	Choice of Salads
	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Flavoured Milk
Week Beginning	Homemade Chillli Mince	Homemade Turkey Curry with Rice	Roast Beef served with Gravy	Oven Baked Lamb Burger	Oven Baked Jerk Chicken
21 st November 2011	Oven Baked Lemon Sole	Homemade Macaroni Cheese	Oven Baked Fish Fingers	Homemade Roasted Vegetable Tart	Oven Baked Fish Goujons
19 th December 2011	Oven Baked Herby Potatoes	Sweetcorn Cauliflower Florets	Roast Potatoes	Oven Baked Wedges	Chipped Potatoes Steamed Rice
16 th January 2012					
13 th February 2012	Peas Baked Beans	Choice of Salads	Broccoli Florets Baton Carrots	Baked Beans Sweetcorn	Baked Beans Garden Peas
12 th March 2012	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads
9 th April 2012	Homemade Semolina Pudding with Pears	Homemade Jelly with Fruit	Homemade Fruit Biscuit with Custard	Muller Strawberry Yoghurt	Homemade Marble Cake with Custard
	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter

A choice of brown and white bloomer or french bread is available daily, some bread served without spread. Our baked beans are reduced salt and sugar. Our chipped potatoes and wedges are less than 5% fat. Cherry tomatoes, coleslaw and cucumber to be served daily with x2 additional salads. Homemade sauce available with main course dishes daily. Fresh fruit platter available daily.