

## St Agnes Early Years Lunchtime Menu — October 2011 to April 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
Week Beginning	Oven Baked Fish Cake served with Wedges	Arabian Lamb served with Rice	Roast Chicken served with Roast Potatoes and Gravy	Lamb Meatballs in Homemade Tomato Sauce served with Pasta	Oven Baked Fish Fingers
31 <sup>st</sup> October 2011					Homemade Egg and Cheese Nest
28 <sup>th</sup> November 2011					Chipped Potatoes Cous Cous
26 <sup>th</sup> December 2011					Baked Beans Garden Peas
23 <sup>rd</sup> January 2012	Peas Baked Beans	Sweetcorn Broccoli Florets	Fresh Cabbage Carrot Roundels	Whole Green Beans Sweetcorn	Choice of Salads
20 <sup>th</sup> February 2012	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads
19 <sup>th</sup> March 2012	Cheese and Biscuit Fresh Fruit Platter	Chocolate Ice Cream Roll Fresh Fruit Platter	Homemade Fruit Pudding with Custard Fresh Fruit Platter	Muller Peach Yoghurt Fresh Fruit Platter	Pineapple and Custard Fresh Fruit Platter
Week Beginning	Homemade Neapolitan Pasta with Chicken	Homemade Beef Curry served with Rice	Roast Lamb served with Gravy	Homemade Spaghetti Bolognese	Oven Baked Fish Portion
7 <sup>th</sup> November 2011					Homemade Vegetarian Lasagne
5 <sup>th</sup> December 2011			Roast Potatoes		Chipped Potatoes Steamed Rice
2 <sup>nd</sup> January 2012					Baked Beans Garden Peas
30 <sup>th</sup> January 2012	Peas Baked Beans	Cauliflower Mixed Vegetables	Fresh Cabbage Baton Carrots	Broccoli Florets Sweetcorn	Choice of Salads
27 <sup>th</sup> February 2012	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads
26 <sup>th</sup> March 2012	Homemade Rice Pudding with Mandarins Fresh Fruit Platter	Muller Fruit Corner Fresh Fruit Platter	Homemade Lemon Drizzle Cake with Custard Fresh Fruit Platter	Arctic Roll Fresh Fruit Platter	Homemade Chocolate Pudding with Chocolate Custard Fresh Fruit Platter
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 Fish Fingers
14 <sup>th</sup> November 2011					Homemade Rice and Vegetable Bake
12 <sup>th</sup> December 2011					Chipped Potatoes Cous Cous
9 <sup>th</sup> January 2012					Baked Beans Garden Peas
6 <sup>th</sup> February 2012	Baked Beans Mixed Vegetables	Sweetcorn Broccoli Florets	Cauliflower Florets Carrots	Sweetcorn Whole Green Beans	Choice of Salads
5 <sup>th</sup> March 2012	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads
2 <sup>nd</sup> April 2012	Muller Raspberry Yoghurt Fresh Fruit Platter	Peaches and Custard Fresh Fruit Platter	Cheese and Biscuit Fresh Fruit Platter	Homemade Chocolate Cake with Mandarins and Custard Fresh Fruit Platter	Flavoured Milk / Yoghurt Fresh Fruit Platter
Week Beginning	Homemade Chilli Mince	Homemade Turkey Curry with Rice	Roast Beef served with Gravy	Oven Baked Lamb Burger	Oven Baked Fish Goujons
21 <sup>st</sup> November 2011					Homemade Vegetable Stir Fry served with Noodles
19 <sup>th</sup> December 2011	Oven Baked Herby Potatoes		Roast Potatoes	Oven Baked Wedges	Chipped Potatoes Steamed Rice
16 <sup>th</sup> January 2012					Baked Beans Garden Peas
13 <sup>th</sup> February 2012	Peas Baked Beans	Sweetcorn Cauliflower Florets	Broccoli Florets Baton Carrots	Baked Beans Sweetcorn	Choice of Salads
12 <sup>th</sup> March 2012	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads
9 <sup>th</sup> April 2012	Homemade Semolina Pudding with Pears Fresh Fruit Platter	Homemade Jelly with Fruit Fresh Fruit Platter	Homemade Fruit Biscuit with Custard Fresh Fruit Platter	Muller Strawberry Yoghurt Fresh Fruit Platter	Homemade Marble Cake with Custard 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.