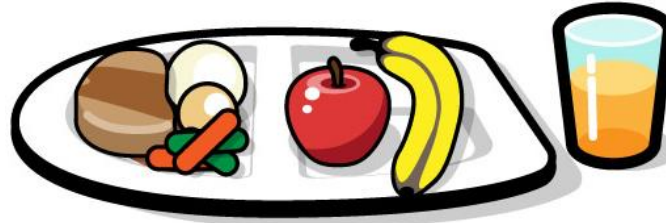


School Dinner Menu Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<i>Veggie Bolognaise</i>	<i>Lamb Hotdogs</i>	<i>Massaman Beef Curry</i>	<i>Chicken Chop Suey</i>	<i>Breaded Hake (G/E)</i>
Veg Main	<i>Veggie Bolognaise</i>	<i>Quorn Hotdogs</i>	<i>Chickpea Curry</i>	<i>Quorn Chop Suey</i>	<i>Samia's Falafel Special</i>
Accompaniment	<i>Spaghetti (G)</i>	<i>Cous cous Salad (G)</i>	<i>Brown Rice</i>	<i>Egg Noodles (E/G)</i>	<i>New Potatoes</i>
Hot Vegetable	<i>Broccoli and Runner Beans</i>	<i>Sweet Corn and Sweet Potato</i>	<i>Curried Peas and Carrots</i>	<i>Sesame Broccoli</i>	<i>Homemade Baked Beans and Garden Peas</i>
Table Salad	<i>Lettuce and Carrot Sticks</i>	<i>Coleslaw (E) Cucumber and Pepper Sticks</i>	<i>Cherry Tomatoes</i>	<i>Fresh Slaw</i>	<i>Watercress and Cucumber</i>
Dressing		<i>Hummus</i>	<i>Cucumber Yoghurt (D)</i>		<i>Labne Tartare Sauce (D)</i>
Bread	<i>Ciabatta (G)</i>	<i>Hotdog Rolls (G)</i>	<i>Nigella Flatbread (G)</i>	<i>Sesame Rolls (G)</i>	<i>Dinner Rolls (G)</i>
Pudding	<i>Seasonal Fruit and Yoghurt (D)</i>	<i>Bousa- Bousa Cake (G/E)</i>	<i>Fresh Fruit, Yoghurt (D)</i>	<i>Manchester Tart (E/D/G)</i>	<i>Seasonal Fruit and Yoghurt (D)</i>