



Take a Fresh Look at School Meals



Highs/Colleges - New Menus

September 2009



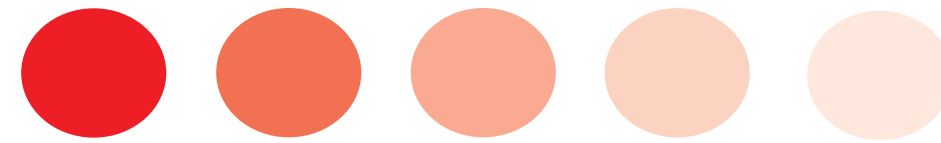
● Quality ● Choice ● Value for Money ● Professional ● Customer Focussed





This Week's Menu

● Quality ● Choice ● Value for Money ● Professional ● Customer Focussed



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Option 1
+ Choice of Sweet
£2.10

Spicy Moroccan Lamb
Fruity Cous Cous
Mediterranean Bread

Mega Yorkshire Pudding
filled with Welsh Pork
Sausage
Crushed Potatoes
Seasonal Cabbage
Carrots

Chicken Tikka Curry
served with Sunshine
Rice
Bombay Potatoes
Naan Bread

Pork with Apple Sauce
served with Stuffing &
Gravy
Roast & Creamed Potatoes
Broccoli & Cauliflower
Carrots

Local Organic Beef
Meatballs
Fondant Potatoes
Green Beans
Peas

Option 2
+ Choice of Sweet
£2.10

Vegetable Frittata
Jacket Potatoes
Baked Beans

Meatloaf in Mega
Yorkshire Pudding (Quorn)
Crushed Potatoes
Seasonal Cabbage
Carrots

Vegetable Stir Fry
Rice & Noodles
Prawn Crackers

Top Crust Munster Pie
(Quorn)
Roast Potatoes
Broccoli & Cauliflower
Carrots

Quesadilla filled
with Bean
& Mushroom Chilli
Rice

Option 3
Lite Bite
+ Choice of Sweet
£2.10

All Day Breakfast
Bacon, Omelette, Baked
Beans
Hash Browns, Tomatoes

Crispy Vegetable Grill
with Salsa in a Bap
Salad Selection

Biryani Bake with Minty
Yoghurt Dressing in a
Naan Bread
Salad Selection

Hot Roast Pork Sub
Salad Selection

Fish in Breadcrumbs
Fondant Potatoes
Garden Peas

£1.25

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Choice
of Sweet

Paris Apple Pie
served with Custard
Apricot & Date Shortcake
Chocolate Muffin
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Baskets

Oaty Plum Crumble
served with Custard
Chocolate Crunchie Fingers
Shortbread Fans
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Basket

Bakewell Tart
served with Custard
Banana Cake
Flapjack
Fruit Salad
Muller Healthy Yoghurt
Fresh Fruit Basket

Lattice Jam Tart
served with Custard
Carrot Cake
Sultana Muffin
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Basket

Lemon Iced Sponge
served with Lemon Sauce
Chocolate Crunch
Cherry Cookie
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Basket

This menu may subject to change due to availability of products.

Week 1 - Available weeks commencing 14th September 2009; 5th October 2009;
2nd November 2009; 23rd November 2009; 14th December 2009

Product Information:

Items in **bold** contain coconut

Suitable for vegetarians

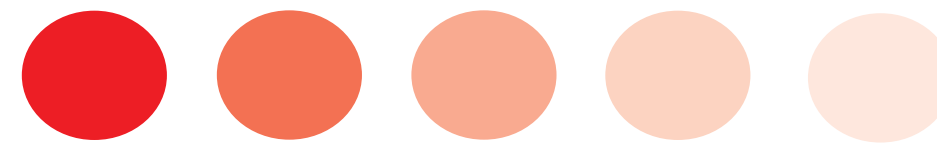
See the Board for the Soup of the Day





This Week's Menu

● Quality ● Choice ● Value for Money ● Professional ● Customer Focussed



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Option 1
+ Choice of Sweet
£2.10

Shepherd's Pie
Fondant Potatoes
Peas & Carrots


Top Crust Turkey &
Vegetable Pie
Fondant Potatoes
Peas & Sweetcorn

Creamy Topped Lasagne
Garlic Bread
Salad Choice


Roast Chicken served
with Stuffing & Gravy
Roast & Creamed Potatoes
Seasonal Cabbage
Vegetable Medley

Fish in Breadcrumbs
Chipped Potatoes
Mushy Peas


Option 2
+ Choice of Sweet
£2.10

Baked Bean & Potato
Hash 
Sweetcorn
Garlic Bread

Vegetable Hotpot served
with Cheese Pastries 
Fondant Potatoes
Broccoli

Vegetable Balti 
served with Rice
Bombay Potatoes
Garlic Naan Bread

Cheese & Sweetcorn
Flan 
Roast Potatoes
Baked Beans
Salad Selection

Vegetable Lasagne 
Garlic Bread
Salad Selection

Option 3
Lite Bite
+ Choice of Sweet
£2.10

Fillet of Fish in a Bap
Salad Selection

All Day Breakfast
Bacon, Omelette,
Baked Beans, Hash Brown,
Tomato

Biryani Bake in a Naan
Bread with Minty Yoghurt
Dressing 
Salad Selection

Beef Grill in a Bap
Salad Selection

Cheese Flan
Jacket Potato
Salad Selection

£1.25

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Choice
of Sweet

Almond Crunchie Tart
served with Custard
Banana Muffin Cake
Flapjack
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Baskets

Apple & Plum Crumble
served with Custard
Tea Cake Ring
Fresh Fruit Shortcake Fans
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Basket

Lemon Cake
served with Lemon Sauce
Rice Krispy Crunch
Old English Biscuit
Fruit Salad
Muller Healthy Yoghurt

Trentham Tart
served with Custard
**Coconut &
Sultana Flapjack**
Chocolate Crunch
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Basket

Chocolate Top Hat Sponge
served with Chocolate Sauce
Orange Cookie
Cherry Muffins
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Basket

This menu may be subject to change due to availability of products

Week 2 - Available weeks commencing: 21st September 2009; 12th October 2009;
9th November 2009; 30th November 2009; 4th January 2010

Product Information:

Items in **bold** contain coconut



Suitable for vegetarians

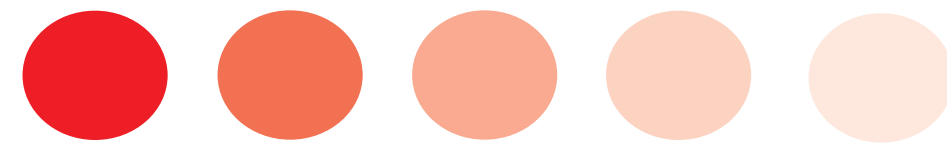
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This Week's Menu

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Option 1
+ Choice of Sweet
£2.10

Spaghetti Bolognese
Garlic Bread

Staffordshire Meat &
Potato Pie
Seasonal Cabbage
Farmhouse Vegetables

Quesadilla Filled with
Chilli Con Carne
Sunshine Rice


Roast Turkey with
Stuffing & Gravy
Roast & Creamed Potatoes
Green Beans
Vegetable Medley

Oven Baked Welsh Pork
Sausage
Chipped Potatoes
Baked Beans
or Peas


Option 2
+ Choice of Sweet
£2.10

Butternut Squash Gratin 
Fondant Potatoes
Sweetcorn & Peas

Shepherdess Pie 
Creamed Potatoes
Cabbage

Vegetable Pasta
Milanaise 
Garlic Bread

Tuna, Tomato and Basil
Pasta Bake
Sweetcorn & Peas
Salad Selection

Cheese & Potato Pie 
Baked Beans
Salad Selection
Coleslaw

Option 3
Lite Bite
+ Choice of Sweet
£2.10

Hot Roast Pork Sub
Salad Selection

Fillet of Fish in a Bap
Salad Selection

Biryani Bake in a Naan
Bread with Minty Yoghurt
Dressing 
Salad Selection

All Day Breakfast
Bacon, Omelette,
Baked Beans, Hash Browns,
Tomatoes

Cod & Salmon Fish
Fingers
Chipped Potatoes
Peas

£1.25

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Soup of the Day
& Bread Roll

Choice
of Sweet

Almond Crunchie Tart
Sticky Toffee Pudding
served with Custard
Chocolate Oatmeal Cookies
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Baskets

Harvest Cake
served with Custard
Honey Oat Bars
Carrot & Orange Muffins
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Baskets

Baked Pineapple Cake
served with Custard
Wholemeal Shortbread
Chocolate Pinwheels
Fruit Salad
Muller Healthy Yoghurt
Fresh Fruit Basket

Mincemeat Tart
served with Custard
Apple & Cinnamon Muffins
Oat Crunchie Biscuit
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Basket

Devil's Cake
served with Custard
Muesli Bar
Cherry Cookie
Fruit Salad
Muller Healthy Yoghurts
Fresh Fruit Basket

This menu may be subject to change due to availability of products

Week 3 - Available weeks commencing: 8th September 2009; 28th September 2009;
19th October 2009; 16th Noveber 2009; 7th December 2009

Product Information:

Items in **bold** contain coconut

 Suitable for vegetarians

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