

PRIMARY YOUNG ENCOUNTERS HEALTHY CHOICES , Jan – July 2011

(Week Commencing 17/1/11, 14/2/11, 21/3/11, 2/5/11, 6/6/11, 4/7/11)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Fish Fingers (3) Chips or New potatoes	<i>QUORN</i> Spaghetti Bolognaise With Garlic Slice Or Salmon Salad And Bread	<u>Sunday Dinner</u> Chicken Fillet with Stuffing and Homemade Yorkshire Pudding New Potatoes	Butchers Pork Sausages (3) Creamed Potato	Minced Meat and Potato Pie Creamed or New potato
Vegetarian Option	Macaroni Cheese	Cheese & Potato Layer	Vegetarian Burger	Quorn Chilli & Rice With Garlic Slice	Quiche
Accompaniments	Peas Carrots Parsley Sauce Or Tomato Ketchup	Broccoli Sweetcorn	Savoy Cabbage Baton Carrots Gravy	Sweetcorn Green Beans Onion Gravy	Mushy Peas Diced Swede Gravy
Main Desserts	Treacle Sponge and Custard	Fruity Flapjack	Rice Pudding And Jam	Fruit Shortcake and Custard	Jelly and Ice cream
Daily Selection of Desserts	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection
Filled Jacket Potatoes	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily
Deli Trolley	Assorted Sandwiches Bagels or Wraps Pasta or Salad Boxes	Assorted Sandwiches or Wraps Pasta or Salad Boxes	Assorted Sandwiches Bagels or Wraps Pasta or Salad Boxes	Assorted Sandwiches or Wraps Pasta or Salad Boxes	Assorted Sandwiches Bagels or Wraps Pasta or Salad Boxes
Salad Bar	Selection of Salads Fruits & Breads	Selection of Salads Fruits & Breads	Selection of Salads Fruits & Breads	Selection of Salads Fruits & Breads	Selection of Salads Fruits & Breads

All vegetables and salads are fresh and prepared at the school. All meat is fresh UK reared and slaughtered and farm assured. A selection of wholemeal and best of both bread available daily. With the exception of chips, our food is cooked using oven baking and steaming methods. Where requested by schools beef is available. Lower sodium and lower fat cheese used. Water is available every day.

PRIMARY YOUNG ENCOUNTERS HEALTHY CHOICES, Jan – July 2011
(Week Commencing 24/1/11, 28/2/11, 28/3/11, 9/5/11, 13/6/11, 11/7/11,)

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Chicken Tandoori Bites Served with Rice Naan Bread and Favourite Curry Sauce	<u>Chip Shop Special</u> Fish in Batter Chips Or New Potatoes	Beef Stew & Dumpling Roast Potatoes	<u>Sunday Dinner</u> Roast Turkey & Stuffing Creamed Potatoes	Pork Chop New Potatoes
Vegetarian Option	Tikka Masala With Rice & Naan Bread	Vegetarian Pizza	Country Bake	Vegetarian Sausage	Pasta In Sauce
Accompaniments	Your selection of mixed vegetable	Garden Peas & Sweetcorn Parsley Sauce / Tomato Ketchup	Broccoli Carrots Gravy	Cauliflower Green Beans Gravy	Peas Swede Gravy Apple Sauce
Main Desserts	Chocolate Sponge & Custard	Red Berry Cheesecake	Iced orange Sorbet with Chocolate Cookie	Strawberry Delight	Jam Roly Poly & Custard
Daily Selection of Desserts	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection
Filled Jacket Potatoes	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily
Deli Trolley	Assorted Sandwiches or Wraps Pasta or Salad Boxes	Assorted Sandwiches Bagels or Wraps Pasta or Salad Boxes	Assorted Sandwiches or Wraps Pasta or Salad Boxes	Assorted Sandwiches Bagels or Wraps Pasta or Salad Boxes	Assorted Sandwiches or Wraps Pasta or Salad Boxes
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(Week Commencing 3/1/11, 31/1/11, 7/3/11, 4/4/11, 16/5/11, 20/6/11, 18/7/11)

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Fish Fingers (3) Chips or New Potatoes	<u>All Day Breakfast</u> Bacon, Sausage, Scrambled Egg, Hash Brown Potato, Bread	Lasagne & Garlic Slice	<u>Sunday Dinner</u> Roast Pork & Stuffing, Creamed Potatoes	Cottage Pie
Vegetarian Option	Vegetarian Pizza	Macaroni Cheese	Quorn Chilli With Rice & Garlic Slice	Cheese & Potato Layer	Vegetarian Burger
Accompaniments	Garden Peas & Sweetcorn Parsley Sauce / Tomato Ketchup	Baked Beans Mushrooms	Green Beans Baton Carrots	Selection Of Mixed Vegetables Broccoli Gravy	Cabbage & Carrots
Main Desserts	Chocolate Sponge and Chocolate Sauce	Jelly & Ice Cream	Raspberry Cheesecake	Peach Crumble and Custard	Jam Sponge & Custard
Daily Selection of Desserts	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection
Filled Jacket Potatoes	With a selection of Hot and Cold Fillings Daily	With a selection of Hot and Cold Fillings Daily	With a selection of Hot and Cold Fillings Daily	With a selection of Hot and Cold Fillings Daily	With a selection of Hot and Cold Fillings Daily
Deli Trolley	Assorted Sandwiches Bagels or Wraps Pasta or Salad Boxes	Assorted Sandwiches or Wraps Pasta or Salad Boxes	Assorted Sandwiches Bagels or Wraps Pasta or Salad Boxes	Assorted Sandwiches or Wraps Pasta or Salad Boxes	Assorted Sandwiches Bagels or Wraps Pasta or Salad Boxes
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Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Topped Pizza Fresh Jacket Wedges	Pork Burger In Bread Bun Chips	<u>Chip Shop Special</u> Fish In Batter Chips Or New Potatoes	<u>Sunday Dinner</u> Roast Beef or Roast Turkey & Yorkshire Pudding Creamed Potatoes	Bacon Chop with Pineapple New Potatoes
Vegetarian Option	Tikka Masala With Rice & Garlic Slice	Pasta In Sauce	Country Bake	Vegetarian Sausage	Quiche
Accompaniments	Selection of mixed vegetables or Fresh Salad (5 items)	Baked Beans Coleslaw	Mushy Peas Tomato Sauce	Cabbage Carrots Gravy	Cauliflower Green Beans Cheese Sauce
Main Desserts	Black Forest Chocolate Sponge and Chocolate Sauce	Cherry Shortcake and Custard	Rice Pudding / Ground Rice Pudding And fruit	Homemade Fruit Muffin	Cooks Choice Sponge and Custard
Daily Selection of desserts	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection	Cold Dessert Fresh Fruit Homebake Selection
Filled Jacket Potatoes	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily	With a Selection of Hot and Cold Fillings Daily
Deli Trolley	Assorted Sandwiches or Wraps Pasta or Salad Boxes	Assorted Sandwiches Bagels or Wraps Pasta or Salad Boxes	Assorted Sandwiches or Wraps Pasta or Salad Boxes	Assorted Sandwiches Bagels or Wraps Pasta or Salad Boxes	Assorted Sandwiches or Wraps Pasta or Salad Boxes
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