

ST GEORGE'S SPECIAL SCHOOL – MENUS



	01 June 2009	08 June 2009	15 June 2009	22 June 2009	29 June 2009	06 July 2009	13 July 2009
MON	Sausage Toadies or Mushroom and Spinach Vol-au-vent ½ Jacket Potato Baked Beans Fruit and Ice Cream	Chicken Korma with Rice or Vegetable Hotpot Cucumber Raita Garlic Bread Pineapple Crumble and Custard	Tuna Risotto or Cheese Pudding Fresh Courgettes Sweetcorn Rhubarb Sponge and Custard	Chicken and Spinach Lasagne or Vegetable Curry with Rice Poppadoms Cucumber Raita Green Salad Banana Custard	Pasta Bolognese or Cheese, Bread and Butter Pudding Fresh Courgettes Sweetcorn Vegetable Couscous Mandarins and Ice Cream	Bacon and Egg Flan or Cheese and Tomato Wrap ½ Jacket Potato Green Salad Coleslaw Semolina and Pears	Turkey Burgers or Vegetable Slice New Potato Salad Coleslaw Beetroot Canadian Gingerbread and Custard
TUE	Mild Chilli and Rice or Vegetable Cobbler French Bread Sweetcorn Tomato Salad Cheese and Biscuits or Home-made Yoghurt	Roast Beef/Gravy Yorkshire Pudding or Cheesy Vegetables Roast/New Potatoes Ratatouille Rice Pudding and Jam	*All Day Breakfast* Pork Sausage, Grilled Bacon, ½ Grilled Tomato, Scrambled Egg Baked Beans French Bread Apple Crumble and Custard	Roast Ham Parsley Sauce or Macaroni Cheese Savoury Wedges Ratatouille Date and Banana Biscuit and Milk	Turkey Meatballs in Tomato Sauce or Roast Vegetable Vermicelli Flan Creamed Potatoes Baked Beans Fruit Fool	Roast Beef/Gravy Yorkshire Pudding or Stuffed Peppers Roast Potatoes Carrot and Parsnip Mash Brussels Sprouts Jelly and Ice Cream	Salmon Lasagne or Roasted Vegetable Croustade Garlic Bread Green Salad Tomato and Pepper Salad Stewed Apple and Custard
WED	Roast Chicken Stuffing/Gravy or Cauliflower Cheese Roast/Creamed Potatoes Fresh Carrots Fresh Cabbage Semolina and Pears	Cheese and Tomato Pizza or Cod Fish Fingers Chunky Chips Peas Sweetcorn Baked Bananas with Home-made Yoghurt	Roast Turkey Stuffing/Gravy or Cheesy Leeks Roast/Creamed Potatoes Fresh Carrots Fresh Spring Greens Fruit Muffin	Tuna Wraps or Bacon Roll New Potato Salad Coleslaw Beetroot Pineapple-upside-down Pudding and Custard	Roast Pork Apple Sauce/Gravy or Leek Mornay Roast/New Potatoes Fresh Swede Fresh Spring Greens Crunchy Fruitcake and Milk Shake	Garlic Mushroom Pasta Bake or Cheese Pudding Tomato and Basil Salad Mixed Pepper Couscous Energy Boost Bar and Custard	Roast Chicken Stuffing/Gravy or Cheese, Onion and Potato Pie Roast Potatoes Fresh Carrots Peas Rice Pudding and Mandarins
THU	Pasta Carbonara or Cheese and Sweetcorn Croustade Tomato and Onion Salad Beetroot Garlic Bread Fruit Fool	Roast Pork/Gravy or Macaroni Cheese New Potatoes Green Salad Coleslaw Beetroot Fruit and Ice Cream	Cottage Pie or Bean Pie Medley of Seasonal Vegetables Garlic Bread Cranberry Tart and Milk Shake	Roast Chicken Stuffing/Gravy or Broccoli Cheese Roast/Creamed Potatoes Fresh Carrots Fresh Cauliflower Semolina and Pears	Sweet and Sour Chicken with Rice or Sweet Potato and Chick Pea Korma with Rice Cucumber Salad Tomato Salad Naan Bread Fruit Jelly	Roast Ham or Macaroni Cheese New Potatoes Cauliflower Peas Strawberry Gateau	Hawaiian Pizza or Bacon Roll Savoury Wedges Tomatoes Peas Trifle
FRI	Salmon Pie or Leek and Potato Pie Peas Tomatoes Jam Sponge and Custard	Vegetable Lasagne or Cheese and Onion Flan Peas Sweetcorn French Bread Apple Amber	Salmon Goujons or Stuffed Tomatoes Baked Beans Vegetable Couscous Italian Bread Pudding and Custard	Salmon Vol-au-vents or Cheese Pudding Sauté Potatoes Beetroot Salad Bean Salad Strawberry Blancmange	Hot Dog and Onions or Vegetable Burger Chunky Chips Coleslaw Green Salad Eve's Pudding and Custard	Pizza or Fish Fingers Chunky Chips Peas Sweetcorn Queen of Puddings	Cold Meats or Cheese and Egg Chunky Chips Baked Beans Yoghurt and Fruit or Iced Buns

ADDITIONAL TO THE MAIN COURSE: Side Salad available daily and one of the following must be offered daily: Bread, Pasta, Rice, Jacket, Boiled or New Potatoes

ADDITIONAL TO THE DESSERT COURSE: Drinking Milk, Fresh Fruit and Yoghurt are available daily

SPECIAL DIETS BY ARRANGEMENT

All dishes are freshly prepared and cooked on site

