

SIMPLICITY LUNCH MENU AUTUMN 2009

Cygnnet
simplicity

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Roast Chicken with Parsley Potatoes	Fish Fingers with Mashed Potatoes	Roast Beef with New Potatoes	Chicken & Pasta Spirals with Garlic Bread	Tuna and Sweetcorn Pizza with Jacket Wedges
VEGETARIAN	Cheese Omelette with Parsley Potatoes	Individual Cheese Portion Pasta Salad with Wholemeal Roll	Baked Bean Lasagne with New Potatoes	Quorn Pasta Bolognese with Garlic Bread	Vegetable Gratin with Jacket Wedges
^s JACKET POTATO	Baked Beans (H)	Savoury Mince (H)	*Ham Slice	Baked Beans (H)	Salmon in a Tomato & Vegetable Sauce (H)
VEGETABLES	Seasonal Vegetables	Baked Beans	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DESSERT	Banana Brownie or Fresh Fruit	Fruit Muffin or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Chocolate & Pear Fudge Cake or Fresh Fruit	Apple & Sultana Sponge or Fresh Fruit
FRESHLY BAKED BREAD AVAILABLE DAILY					

**WEEK ONE
W/C
31 AUG
21 SEPT
12 OCT**

^s Served with Portion of Sunflower Spread
*Pork Product (H) Hot Topping

**WEEK TWO
W/C
7 SEPT
28 SEPT
19 OCT**

To ensure quality of dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Minced Beef & Potato Pie with Herby Potatoes	*Baked Ham with New Potatoes	Savoury Mince Cobbler with Mashed Potatoes	Chicken Curry with Rice	Breaded Fish with Diced Potatoes
VEGETARIAN	Egg Salad with New Potatoes	Tomato and Spinach Pasta with New Potatoes	Cheese Salad with Wholemeal Roll	Mild Vegetable Curry with Rice	Cheese & Tomato Pizza with Diced Potatoes
^s JACKET POTATO	Cheese	Tuna Mayonnaise	Baked Beans (H)	Cheese	*Ham Slice
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans
DESSERT	Sultana & Ginger Cake or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Fromage Frais or Fresh Fruit	Fruit Pot or Fresh Fruit	Chocolate & Mixed Fruit Sponge or Fresh Fruit
FRESHLY BAKED BREAD AVAILABLE DAILY					

**WEEK THREE
W/C
14 SEPT
5 OCT**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef Pasta Bolognese with Mini Pitta	*Sausages with Mashed Potatoes	Chicken and Vegetable Pie with Herby Potatoes	Fish Cake with Diced Potatoes	Beef Lasagne with Garlic Bread
VEGETARIAN	Cauliflower Cheese Bake & Mini Pitta	Cheese Salad with Wholemeal Roll	Mixed Vegetable Pizza with Herby Potatoes	Vegetable Grill with Diced Potatoes	Ravioli with Garlic Bread
^s JACKET POTATO	Baked Beans (H)	Savoury Mince (H)	Tuna & Sweetcorn Mayonnaise	Baked Beans (H)	Cheese
VEGETABLES	Mixed Salad	Baked Beans	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad
DESSERT	Fruit Crumble or Fresh Fruit	Fruit Muffin or Fresh Fruit	Carrot Cake or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Rice Pudding or Fresh Fruit
FRESHLY BAKED BREAD AVAILABLE DAILY					