

SIMPLICITY LUNCH MENU SUMMER 2010

Cygnnet
simplicity

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Lasagne with Herby Potatoes	Salmon Fish Fingers with Mashed Potatoes	Roast Chicken with Diced Potatoes	* Ham & Tomato Bake with Garlic Bread	Pepperoni Pizza with New Potatoes
VEGETARIAN	Plain Omelette with Herby Potatoes	Vegetable Grill with Mashed Potatoes	Creamy Vegetable Stack with Diced Potatoes	Bean Pasta Salad with Garlic Bread	Roast Vegetables & Quinoa with New Potatoes
§ JACKET POTATO	Tuna Mayonnaise	Bolognese Mince (H)	Chicken & Sweetcorn Mayonnaise	Baked Beans (H)	Cheese (V)
VEGETABLES	Seasonal Vegetables	Baked Beans	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables
DESSERT	Yoghurt Muffin or Fresh Fruit	Chocolate & Orange Sponge with Custard or Fresh Fruit	Fromage Frais or Fresh Fruit	Dutch Apple Pie & Custard or Fresh Fruit	Yoghurt or Fresh Fruit
FRESHLY BAKED BREAD AVAILABLE DAILY					

WEEK ONE

§ Served with Portion of Sunflower Spread

(V) Vegetarian

*Pork Product

(H) Hot Topping

WEEK TWO

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	Savoury Beef Pie with Mashed Potatoes	* Roast Pork with Jacket Wedges	Turkey Meatballs in Tomato Sauce with Herby Penne Pasta	Chicken Curry with Rice	Breaded Fish with New Potatoes
VEGETARIAN	Quorn Pasta Bolognese with Mashed Potatoes	Baked Bean Pizza with Jacket Wedges	Cheese Salad & Roll	Vegetable Gratin with Rice	Vegetarian Sausages with New Potatoes
§ JACKET POTATO	Tuna Mayonnaise	Cheese (V)	Baked Beans (H)	BBQ Mince (H)	Cheese (V)
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Baked Beans
DESSERT	Oat & Raisin Cookie or Fresh Fruit	Bran Cluster or Fresh Fruit	Mixed Fruit Crumble & Custard or Fresh Fruit	Yoghurt or Fresh Fruit	Banana Bread & Chocolate Custard or Fresh Fruit
FRESHLY BAKED BREAD AVAILABLE DAILY					

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef Pasta Bolognese with Garlic Bread	* Pork Sausages with Mashed Potatoes	Roast Beef with New Potatoes	Chicken a la King with Rice	Fish Cakes with Diced Potatoes
VEGETARIAN	Cheese & Potato Pie with Garlic Bread	Baked Bean Lasagne with Mashed Potatoes	Tomato & Spinach Pizza with New Potatoes	Vegetable Curry with Rice	Tomato & Chick Pea Bake with Diced Potatoes
§ JACKET POTATO	Chicken & Sweetcorn Mayonnaise	Cheesy Coleslaw (V)	Chicken Tikka (H)	Cheese (V)	Baked Beans (H)
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad
DESSERT	Strawberry Muffin or Fresh Fruit	Mixed Fruit Sponge & Custard or Fresh Fruit	Fromage Frais or Fresh Fruit	Apple Crumble & Custard or Fresh Fruit	Rice Pudding or Fresh Fruit
FRESHLY BAKED BREAD AVAILABLE DAILY					