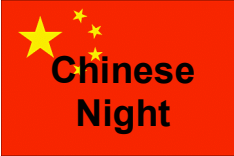


MONKTON COMBE SENIOR SCHOOL - MENU WEEK THREE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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LUNCH	Available every day will be fresh bread and butter or margarine, a chilled dessert, bio-yoghurts with toppings, fresh cut fruit, fruit salad and a fresh fruit basket.						
	Main & Vegetarian	Pepperoni Pizza Ham & Pineapple Pizza Rocket & Feta Pizza	Shepherd's Pie & Gravy Quorn & Root Veg Pie	Roast Chicken Bar	Beef & Ale Pie Fried Dumplings	Catch of the Day	Pie & Cheddar Mash
Potatoes & Vegetables	Roast Half Jacket Mixed salad Coleslaw	New Potatoes Carrots Broccoli Florets Gravy	Cheddar Roast	Roast Veg Strudel Parsley Potatoes Cauliflower Florets Sautéd Leeks Gravy	Beef Tomato & Asparagus Tart	Baked Stuffed Peppers	Grilled Bacon Scrambled Egg Grilled Pork Sausage Vegetarian Sausages Grilled Tomato Fried Bread Sauté Mushrooms Hash Browns Mixed Pastries
Alternative Main & Vegetarian	Hoi Sin Beef Tagine Vegetables Noodles	Seared Tuna Sauce Verte Pomodora Sauce	Roasted New 3 Sauces Panache Vegetables	Roast Salmon in Ginger & Soy Sauce Stir Fried Vegetables	Chipped Potatoes Mushy Peas Petit Pois	Baked Beans	Fresh Bio Yoghurts Selection of Cereals Toast & Preserves Cut Fruit Platter Fruit Basket Fruit Juices Selection of Hot Drinks
Salad Bar Hot Deck	Beansprout Salad Chinese Leaf Prawn Crackers	Boiled Rice Pepper Salad Onion Bread	Jacket Potato Gnocchi in Basil Sauce Cajun Beef	Jacket Potato Stuffed Tomatoes Sweet N Sour Veg	Jacket Potato Wild Mushrooms Sausage Roll with Onion Chutney	Jacket Potato Pork & Orange Vegetable Stir Fry	
	A daily selection of fresh, healthy, tasty, raw salads: On offer will be four protein items and a range of seasonal salad items and condiments to create your own salad.						

SUPPER	Available every day will be fresh Soup with bread and butter or margarine, bio-yoghurts with toppings, fresh cut fruit, fruit salad and a fresh fruit basket.						
	Main Counters	Lamb Kofta & Roast Cous Cous Cauliflower Cheese Carrots Courgettes	100% Beef Burgers & Wholemeal Buns Spicy Veggie Burger Chips Coleslaw Oven Roasted Wedges Mixed Salad	"Wrap It Up" Night	Lamb Biryani Vegetable Madras Basmati Rice Naan Bread Fingers Mini Popadoms Condiments		Chicken Kiev Four Cheese Ravioli Minted New Potatoes Mixed Vegetables
Salad Bar Hot Deck	Jacket Potatoes Filled Baguettes	½ Jackets Filled Wraps	Jacket Potatoes Filled Baguettes	½ Jackets Filled Wraps	Cheesy Wedges Filled Baguettes	Roast Potatoes Cabbage Roast Vegetables	
Hot Dessert	Mixed Fruit Crumble Custard	Fudge Cake Caramel Sauce	Chocolate Marble Cake Chocolate Sauce	Pineapple Upside Down Sponge Vanilla Sauce	Banana Fritters	St Clements Cake Lemon sauce	Mixed Fruit Crumble Custard
Salad Bar	A daily selection of fresh, healthy, tasty, raw salads. On offer will be two protein items and a range of seasonal salad items and condiments to create your own salad.						