









SOLIHULL CATERING SERVICES WEEK ONE

Week Commencing: 12th November / 3rd January 2013 / 11th February 2013/ 15th April 2013

Week One	Monday	Tuesday	Wednesday	Thursday	Friday <u>Meat free Day</u>
Main Course Choice 1	*Gammon Steak & Pineapple Diced Potato Peas & Sweetcorn	Beef Chilli with Boiled Rice Green Beans & Carrots	Roast Pork with apple sauce Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Carrots with Gravy	 Pasta King Chicken Torino Mixed Vegetable	* Cheese & Tomato Pizza Jacket Potato Broccoli & Sweetcorn
Main Course Vegetarian Choice 2	 Broccoli Bake Diced Potato Peas & Sweetcorn	* Vegetable Country Bake Fresh Creamed Potatoes Green Beans & Carrots	Spicy Bean Hot pot Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Carrots	Cheesy Jacket Potato Mixed Vegetable or Mixed salad & Coleslaw	Macaroni Cheese Broccoli & Sweetcorn or Mixed salad & Coleslaw
Desserts	Chocolate Oatcake Or Frozen Yoghurt ** Juice Drink	Flapjack with Pumpkin Seeds & Raisins Or Apple & Orange Slices ** Milk Shake	Pineapple upside down Sponge with Custard Or Seasonal Fresh Fruit Salad	Fruit Muffin Or Portion of Dried Apricots ** Milk Shake	Carrot Cake with Custard Or Bananas and Custard
	<p style="text-align: center;">Available Daily : Jacket Potato Seasonal Salad Bar Seasonal Fruit Bowl Muller Fruit Yoghurt Additional Bread Chilled Water</p> <p style="text-align: center;">Our Dishes are prepared fresh each day. * Denotes Purchased Products. Menus may change to meet customers preferences or if the school have a promotional event. Fresh fruits and vegetables used are subject to seasonal variation. A range of locally sourced products are used.</p>				




SOLIHULL CATERING SERVICES WEEK TWO

Week Commencing: 19th November / 7th January 2013/ 25th February 2013

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday <u>Meat free Day</u>
Main Course Choice 1	* Pork Meat Balls in Gravy Diced Potatoes Mixed Vegetables	Beef Lasagne Peas & Sweetcorn	Roast Chicken Breast Sage & Onion Stuffing Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Swede with Gravy	 * MSC Fillet Fish Fingers Potato Wedges Broccoli & Carrots	 Pasta king Basil & Tomato Peas & carrots
Main Course Vegetarian Choice 2	Vegetable Pasties Diced Potatoes Mixed Vegetables	* Cheese & Tomato Pizza Fresh creamed Potatoes Peas & Sweetcorn	Spanish Omelette Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Sweetcorn	 * Moussaka Diced potatoes Broccoli & Carrots	*Tasty Bean Bake Potato Wedges Peas & Carrots
Desserts	Rice Pudding with Raisins & Sultanas Or Ginger Fudge Cake ** Milk Shake	Dorset Apple cake with Custard Or Angel Delight & Tinned Fruit	Steamed Syrup Sponge with Custard Or Seasonal Fresh Fruit salad	Chocolate Coconut Bar Or Cheese & Grapes with Crackers ** Milk Shake	Date & Oat Delight Or Ice Cream ** Juice Drink
 food for life CATERING  BRONZE	<p>Available Daily : Jacket Potato Seasonal Salad Bar Seasonal Fruit Bowl Muller Fruit Yoghurt Additional Bread Chilled Water</p> <p>Our Dishes are prepared fresh each day. * Denotes Purchased Products. Menus may change to meet customers preferences or if the school have a promotional event. Fresh fruits and vegetables used are subject to seasonal variation. A range of locally sourced products are used.</p>				

SOLIHULL CATERING SERVICES WEEK THREE

Week Commencing: 26th November / 14th January 2013 / 4th March 2013

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday Meat free Day
Main Course Choice 1	Beef Spaghetti Bolognaise Peas & Carrots	Chicken Curry with Rice Broccoli & Carrots	Roast Beef with Yorkshire Pudding Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Swede with Gravy	* MSC Breaded Salmon Nuggets Low Fat Chips Baked Beans & Mushy Peas	* Cheese & Tomato Pizza Potato Wedges Peas & Sweetcorn
Main Course Vegetarian Choice 2	Vegetable Risotto Peas & Carrots	Vegetable Tagliatelle Broccoli & Carrots	Vegetable Crumble Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Swede	 * Vegetarian Sausage Low Fat Chips Baked Beans & Mushy Peas	 Quorn Potato Bake Potato Wedges Peas & Sweetcorn
Desserts	Crunchy Carrot Cookies Or Portion of Dried Fruit ** Milk Shake	Melting Moments Or Apple & Cheese with Crackers ** Juice Drink	Apple Crumble with Custard Or Seasonal Fresh Fruit salad	Chelsea Bun Or Ice Cream Sponge Roll ** Milk Shake	Chocolate Cake with Vanilla Sauce Or Fruit Jelly with Low Fat Yoghurt
 BRONZE	<p style="text-align: center;">Available Daily : Jacket Potato Seasonal Salad Bar Seasonal Fruit Bowl Muller Fruit Yoghurt Additional Bread Chilled Water</p> <p>Our Dishes are prepared fresh each day. * Denotes Purchased Products. Menus may change to meet customers preferences or if the school have a promotional event. Fresh fruits and vegetables used are subject to seasonal variation. A range of locally sourced products are used.</p>				