






SOLIHULL CATERING SERVICES WEEK FOUR

Week Commencing: 3rd December / 21st January 2013 / 11th March 2013

Week One	Monday	Tuesday	Wednesday	Thursday	Friday <i>Meat free Day</i>
Main Course Choice 1	* Beef Grill in a Bun Diced Potato Peas & Sweetcorn	Turkey Pie Fresh Creamed Green Beans & Carrots Gravy	Roast Pork with apple sauce Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Carrots with Gravy	* MSC Breaded Alaskan Salmon Fillet with Parsley sauce Fresh Creamed Potatoes 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	Sweet Potato & lentil Curry With Rice Broccoli & Sweetcorn
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
 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 FIVE

Week Commencing: 10th December / 28th January 2013 / 18th March 2013.

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday <i>Meat free Day</i>
Main Course Choice 1	* MSC Breaded Pollock Fillet Diced Potatoes Mixed Vegetables	Chicken Casserole Fresh creamed Potatoes Peas & Sweetcorn	Roast Chicken Breast Sage & Onion Stuffing Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Swede with Gravy	Sweet & Sour Pork with stir-fry Vegetable and Noodles	 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	Mixed Pepper Quiche Potato Wedges Peas & Carrots or Mixed salad & Coleslaw
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
 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 SIX

Week Commencing: 17th December / 4th February 2013 / 25th March

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday Meat free Day
Main Course Choice 1	* Deli Chicken Chunks in a Wrap Potato Wedges Peas & Carrots	* Pork Loin Steak Fresh Creamed Potatoes Broccoli & Carrots with Gravy	Roast Beef with Yorkshire Pudding Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Swede with Gravy	* Baked Sausages 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	 Pasta King Vegetarian Bolognese 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	Available Daily : Jacket Potato Seasonal Salad Bar Seasonal Fruit Bowl Muller Fruit Yoghurt Additional Bread Chilled Water				
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.					