

GLAITNESS SCHOOL LUNCH MENU CYCLE

Tuesday 17th August - Friday 24th June 2011

Traditional two course or vegetarian meal **£1.55**

Available daily: Vegetables ~ Salad Selection ~ Baked Potato ~ Sandwiches (selection of fillings - see menu board) ~ Bread
 Pudding ~ Selection of Fresh Fruit ~ Fresh Fruit Salad ~ Yoghurts ~ Water ~ Milk ~ Fresh Fruit Juice

All our menus are nutritionally balanced and comply with Hungry for Success

DAYS	FIRST COURSE	SECOND COURSE
Week 1 - Weeks commencing 17 August 10, 22 Nov 10, 21 Feb 11, 30 May 2011		
Monday	Mince, Tatties, Corn on the Cob or Coronation Chicken, Salad	Strawberry Tart
Tuesday	Sausages & Bacon, Tatties, Beans, Salad	Chocolate & Pear Sponge
Wed	Roast Chicken with Gravy, Tatties, Oatmeal Stuffing, Carrots, Salads	Semolina & Fruit
Thursday	Mince & Tatties, Sweetcorn or Spaghetti Bolognese, Salads	Jelly & Fresh Fruit Salad
Friday	Breaded Haddock, Chips, Peas, Salads	Ice Cream & Fruit
Week 2 - Weeks commencing 23 Aug 10, 29 Nov 10, 28 Feb 11, 6 June 2011		
Monday	Cheese & Tomato Pizza, Roast Tatties, Beans, Salads	Apple Crumble & Custard
Tuesday	Mince, Tatties, Green Beans, Salads, or Meat Loaf	Fruit Salad or Yoghurts
Wed	Macaroni Cheese or Bacon Cakes, Tatties, Spaghetti Hoops, Salads	Pancakes & Chocolate Sauce
Thursday	Chicken Pie or Sweet & Sour Chicken, Tatties or Noodles, Broccoli, & Salad	Profiteroles
Friday	Breaded Haddock or Salmon & Lemon, Chips or Tatties, Peas, Salads	Meringue Nests & Peaches
Week 3 - Weeks commencing 30 Aug 10, 6 Dec 10, 7 March 11, 13 June 2011		
Monday	Sausages, Chips, Beans, Salads	Banana Loaf & Custard
Tuesday	Roast Pork & Apple Sauce, Gravy, Tatties, Cauliflower, Salads	Fruit or Yoghurt
Wed	Chicken Wraps, Garlic Bread, Salads	Rice Pudding & Peaches
Thursday	Mince & Tatties or Shark Infested Mince, Cabbage & Salads	Flapjack
Friday	Breaded Haddock or Fish Pie, Tatties, Peas, Salads	Peach Melba
Week 4 - Weeks commencing 6 Sep 10, 13 Dec 10, 14 March 11, 20 June 2011		
Monday	Gammon & Pineapple, Tatties, Green Beans, Salads	Caramel Tart
Tuesday	Beef Burgers or Lasagne, Tatties, Broccoli, Salads	Ice Cream & Strawberry Sauce
Wed	Chicken Curry or Chicken Enchiladas, Rice, Salads	Sponge & Custard
Thursday	Lentil Soup: Boiled Ham or Quiche Lorraine, Tatties, Salads	Syrup Oaties
Friday	Breaded Haddock, Chips, Peas, Salads	Peach Smoothie
Week 5 - Weeks commencing 13 Sep 10, 20 Dec 10, 21 March 11		
Monday	Sausage & Onion Plait, Tatties, Spaghetti Hoops, Salads	Chocolate Sponge
Tuesday	Chicken with Sweet & Sour Sauce, Rice, Salads	Pancakes & Caramel Sauce
Wed	Cheesy Ham Pasta or Chinese Pork, Noodles, Salads	Jelly Whip
Thursday	Steak Pie or Beef Stew, Tatties, Cabbage, Salads	Oat & Apple Biscuits
Friday	Breaded Haddock or Smoked Mackerel, Chips, Peas, Salads	Strawberry Ice Cream & Strawberry Sauce
Week 6 - Weeks commencing 20 Sep 10, 5 Jan 11, 11 April 11		
Monday	Mince & Tatties, Corn on the Cob or Coronation Chicken, Salad	Jam Tart & Custard

Tuesday	Sausages or Sausage & Pasta Bake, Tatties, Beans, Salads	Profiteroles
Wed	Roast Beef & Yorkshire Pudding, Tatties, Broccoli, Salads	Fruit Salad
Thursday	Chicken Stir Fry or Chinese Chicken, Noodles, Salads	Yoghurt Sponge
Friday	Breaded Haddock, Chips, Peas, Salads	Alien Crunch
	Week 7 - Weeks commencing 27 Sep 10, 10 Jan 11, 18 April 11	
Monday	Sweet & Sour Pork or Chinese Pork, Rice, Salads	Golden Crunch
Tuesday	Chicken Stir Fry, Cheesy Bacon Twists, Pitta Bread, Salads, Corn, Tatties	Sticky Toffee Pudding
Wed	Breaded Haddock, Tatties, Peas, Salads	Semolina & Fruit
Thursday	Mince, Clapshot or Tatties, Neeps, Salads or Chilli con Carne & Rice	Scones
Friday	Mince Patty, Chips, Beans, Salads	Banana & Toffee Tart
	Week 8 - Weeks commencing 4 Oct 10, 17 Jan 11, 25 April 11	
Monday	Sausages or Toad in the Hole, Tatties, Spaghetti Hoops, Salads	Cheese Cake
Tuesday	Breaded Chicken Goujons, Chips, Beans, Salads	Strawberry Smoothie
Wed	American Bean Pie, or Mince & Vegetables, Tatties, Cauliflower, Salad	Carrot Cake
Thursday	BBQ Pork Ribs or BBQ Marinated Chicken, Garlic Bread, Corn on the Cob, Salads	Steamed Fruit Pudding
Friday	Breaded Haddock, Tatties, Peas, Salads	Apple Muffins
	Week 9 - Weeks commencing 25 Oct 10, 24 Jan 11, 2 May 11	
Monday	Cheese & Tomato Pizza, Tatties, Salads, Beans	Fruit Salad or Yoghurts
Tuesday	Macaroni Cheese or Boiled Ham, Tatties, Cabbage, Salads	Dough Rings
Wed	Chicken Stir Fry or Chicken Supreme, Rice, Corn, Salads	Jelly Yoghurt Whip
Thursday	Beef Olives or Beef Burgers, Tatties, Turnip, Salads	Lemon Meringue Pie
Friday	Breaded Haddock, Chips, Peas, Salads	Ice Cream & Fruit
	Week 10 - Weeks commencing 1 Nov 10, 31 Jan 11, 9 May 11	
Monday	Mince or Cottage Pie, Tatties, Green Beans, Salads	Fresh Fruit Salad
Tuesday	Breaded Haddock, Chips, Peas, Salads	Chocolate Fudge Pudding
Wed	Roast Chicken, Gravy, Tatties, Oatmeal Stuffing, Broccoli, Salads	Apple Pie
Thursday	Chicken Stir Fry or Turkey Burger, Tatties or Noodles, Beans, Salads	Banana Loaf
Friday	Hot Dog Sausage, Sauce, Rolls, Potato Wedges, Spaghetti Hoops, Salads	Alien Crunch
	Week 11 - Weeks commencing 8 Nov 10, 7 Feb 11, 16 May 11	
Monday	Sausage Rolls, Chips, Beans, Salads	Jam Tart & Custard
Tuesday	Chicken Fajitas, or Chicken Stir Fry, Rice, Stir Fry Vegetables, Salads	Mini Chocolate Muffins
Wed	Italian Beef or Mince & Vegetables, Tatties, Cabbage, Salads	Shortbread & Pears
Thursday	Spicy Chicken or Ham Tagliatelle, Tatties, Corn on the Cob, Salads	Iced Sponge Cake
Friday	Breaded Haddock, Tatties, Peas, Salads	Ice Cream & Fruit
	Week 12 - Weeks commencing 15 Nov 10, 14 Feb 11, 23 May 11	
Monday	Mince & Sausage Loaf or Mince & Vegetables, Tatties, Green Beans, Salads	Semolina & Fruit
Tuesday	Chicken Tikka Wrap or Chinese Chicken, Rice, Stir Fry Vegetables, Salads	Banana & Chocolate Brownie
Wed	Bacon & Sausages, Clapshot or Tatties, Beans, Salads	Apple Pie
Thursday	Roast Chicken, Gravy, Tatties, Carrots, Salads	Yoghurt Sponge
Friday	Breaded Haddock, Chips, Peas, Salads	Pancakes