






SMART LIFESTYLE

AUTUMN/WINTER 2009/10



V = Vegetarian
* Vegetarian meal prepared on request.

WEEK 1 COMMENCING 26th October (school closed), 23rd November, 21st December, 1st February, 1st March

MONDAY *	TUESDAY *	WEDNESDAY *	THURSDAY	FRIDAY
				
	Homemade Soup		Homemade Soup	
Savoury Mince	Chicken Curry & Rice	Highland Beef Stew	Baked Ham	Beef or Venison Burger in a Bun
or Cod Fillet Fish Fingers & Ketchup	or Tortilla Wrap filled with Tuna and Sweetcorn	or Salmon Nibbles	or Cheese Wheels(v)	or Jacket Potato with Grated Cheese & Salad(v)
Mashed Potatoes Peas Carrots	Green Beans Tomatoes	Roast Potatoes Cauliflower Carrots	Croquette Potatoes Broccoli Sweetcorn	Baked Beans Winter Coleslaw
Rice Pudding & Fruit Fresh Fruit Selection Assorted Yoghurts	Fresh Fruit Selection Assorted Yoghurts	Chocolate & Orange Brownie & Custard Fresh Fruit Selection Assorted Yoghurts	Fresh Fruit Selection Assorted Yoghurts	Oaty Apple Triangles Fresh Fruit Selection Assorted Yoghurts

Children's favourites made with healthier ingredients