

# SIMPLICITY LUNCH MENU SPRING 2010

Cygnets  
simplicity

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Chicken Curry with Rice	Cottage Pie with Finger Roll	*Ham & Pineapple Pizza with New Potatoes	Roast Chicken with Roast Potatoes	Fish Fingers with Mashed Potatoes
<b>VEGETARIAN</b>	Vegetable Goulash with Rice	Macaroni Cheese with Finger Roll	Quorn Pasta Bolognese with New Potatoes	Cheese Omelette with Roast Potatoes	Tomato & Chickpea Bake with Mashed Potatoes
<b>§ JACKET POTATO</b>	Tuna & Sweetcorn Mayonnaise	Baked Beans (H)	Chicken Slice	Savoury Mince (H)	Cheese
<b>VEGETABLES</b>	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables	Baked Beans
<b>DESSERT</b>	Carrot Cake or Fresh Fruit	Yoghurt or Fresh Fruit	Mixed Fruit Crumble with Custard or Fresh Fruit	Fruit Pot or Fresh Fruit	Pineapple Sponge with Custard or Fresh Fruit
<b>FRESHLY BAKED BREAD AVAILABLE DAILY</b>					

**WEEK ONE  
W/C  
8 MAR  
29 MAR**

§ Served with Portion of Sunflower Spread  
\*Pork Product (H) Hot Topping

**WEEK TWO  
W/C  
22 FEB  
15 MAR**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Chicken & Winter Vegetable Pie with Parsley Potatoes	Beef Lasagne with Brown Roll	*Baked Ham with Herby Potatoes	Breaded Fish with Jacket Wedges	Mild Chilli & Rice
<b>VEGETARIAN</b>	Vegetable Gratin with Parsley Potatoes	Cheese Salad with Brown Roll	Cheese & Tomato Pizza with Herby Potatoes	Vegetable Ravioli with Jacket Wedges	Vegetable Curry with Rice
<b>§ JACKET POTATO</b>	Tuna Mayonnaise	Baked Beans (H)	Salmon in Tomato Sauce (H)	Savoury Mince (H)	Baked Beans (H)
<b>VEGETABLES</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables
<b>DESSERT</b>	Fruit Muffin or Fresh Fruit	Rice Pudding or Fresh Fruit	Apple Flapjack or Fresh Fruit	Date & Treacle Sponge with Custard or Fresh Fruit	Yoghurt or Fresh Fruit
<b>FRESHLY BAKED BREAD AVAILABLE DAILY</b>					

To ensure quality of dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Chicken & Pasta Spirals with Garlic Bread	*Sausages with Mashed Potatoes	Beef Pasta Bolognese with Wholemeal Roll	Fish Cake with Diced Potatoes	Roast Beef with New Potatoes
<b>VEGETARIAN</b>	Baked Bean Lasagne with Garlic Bread	Vegetable Grill with Mashed Potatoes	Egg Salad with Wholemeal Roll	Roast Vegetable Pizza with Diced Potatoes	Creamy Vegetable Pasta Stack with New Potatoes
<b>§ JACKET POTATO</b>	*Ham Slice	Chicken Tikka (H)	Cheese	*Ham Slice	Baked Beans (H)
<b>VEGETABLES</b>	Seasonal Vegetables	Baked Beans	Seasonal Vegetables	Mixed Salad	Seasonal Vegetables
<b>DESSERT</b>	Bran Cluster or Fresh Fruit	Flapjack or Fresh Fruit	Apple Crumble with Custard or Fresh Fruit	Chocolate & Mixed Fruit Sponge with Custard or Fresh Fruit	Yoghurt or Fresh Fruit
<b>FRESHLY BAKED BREAD AVAILABLE DAILY</b>					

**WEEK THREE  
W/C  
1 MAR  
22 MAR**