

COLLIS SCHOOL LUNCHES – SUMMER TERM 2010

WEEK 1

Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Spaghetti Bolognese	Pizza Day	Roast lunch with gravy Yorkshire pudding	Turkey & vegetable paella	Fishwich in a bun with salad
Vegetarian Option	Vegetarian pasta Bolognese	Pizza Day	Quorn & vegetable korma with rice	Spanish style omelette with red peppers & new pots	Courgette & red bean chilli
Vegetables	Green Salad Sweetcorn Broccoli	Potato wedges Mixed salad Baked beans	Sauteed cabbage Carrots	Mixed leaves Courgettes	Chips Peas Baked tomatoes
Daily Salad Selection of Lettuce, Tomato, Cucumber, Beetroot, Sweetcorn, Coleslaw, & Carrot. Look out also for our "Salad Special" of the Day					
Freshly cooked each day - Jacket Potatoes with various fillings					
Dessert	Fruit smoothie dessert Fruit yoghurt Fresh fruit platter	Apricot flan with custard Yoghurt Fresh fruit salad	Fruit jelly with ice cream Yoghurt Fresh fruit platter	Apple crumble with custard Yoghurt Fresh fruit salad	Banana toffee pudding Yoghurt Fresh fruit platter
Daily Additions	Water Wholemeal bread	Water Brown bread	Water Brown Bread	Water Wholemeal bread	Water Brown bread

WEEK 2

Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Salmon & vegetable pasta	Turkey in sweet pepper & tomato sauce with steamed rice	Meaty lasagne with garlic bread	Meaty sausages with mashed potatoes & onion gravy	Fish fingers
Vegetarian Option	Chick pea & grilled vegetable biryani	Spiced vegetable & red lentil cakes with tomato salsa & baked new pots	Mushroom lentil & spinach lasagne with garlic bread	Vegetarian sausages with mashed potatoes & onion gravy	Broccoli & cheese flan
Vegetables	Broccoli Salad	Cabbage Sweetcorn	Carrots Green beans	Carrots Sweetcorn	Peas Chips
Daily Salad Selection of Lettuce, Tomato, Cucumber, Beetroot, Sweetcorn, Coleslaw, & Carrot. Look out also for our "Salad Special" of the Day					
Freshly Cooked each day - Jacket Potatoes with various Fillings					
Dessert	Chocolate sponge & chocolate sauce Yoghurt Fresh fruit platter	Fruit trifle Yoghurt Fresh fruit salad	Mixed berry pie with ice cream Fresh fruit platter	Apple crumble with custard Yoghurt Fresh fruit salad	Rice pudding with pineapple Yoghurt Fresh fruit platter
Daily Additions	Water Wholemeal bread	Water Brown bread	Water Brown Bread	Water Brown Bread	Water Brown bread

WEEK 3

Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Fish Pie	Meatballs in tomato sauce with spaghetti	Picnic day	Meaty stir-fry with Asian style vegetable noodles	Breaded fish
Vegetarian Option	Penne pasta with tomatoes, veggie mince & herbs	Fruit & vegetable curry with sweet potatoes, lentils and steamed rice	Picnic day	Vegetable & lentil lasagne	Leek, cheese & tomato flan
Vegetables	Green beans Cauliflower	Steamed cabbage Sweetcorn	Salad Potato salad Crudites Coleslaw	Stir fry vegetables	Chips Peas
Daily Salad Selection of Lettuce, Tomato, Cucumber, Beetroot, Sweetcorn, Coleslaw, & Carrot. Look out also for our "Salad Special" of the Day					
Freshly Cooked each day - Jacket Potatoes with various Fillings					
Dessert	Lemon sponge pudding & custard Fruit yoghurt Fresh fruit platter	Pears with ice cream Yoghurt Fresh fruit salad	Forest fruit & crushed shortbread fool Fruit yoghurt Fresh fruit platter	Fruit trifle Yoghurt Fresh fruit salad	Peach crumble with custard Yoghurt Fresh fruit platter
Daily Additions	Water Wholemeal bread	Water Brown Bread	Water Brown Bread	Water Brown Bread	Water Brown Bread

WEEK 4

Menu 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Salmon, tomato & pasta bake	Pita bread with choice of fillings	Cajun chicken with spiced rice & salad	Lamb tikka masala with Bombay potatoes	Fish fingers
Vegetarian Option	Macaroni cheese with baked beans	Pita bread with choice of fillings	Hungarian style vegetable goulash New potatoes	Lentil & aubergine Jalfrezi with roasted peppers & steamed rice	Tomato & onion quiche
Vegetables	Carrots Broccoli	Cucumber salad Sweetcorn Potato Wedges	Cabbage Carrots	Cauliflower Roasted courgettes	Chips Peas
Daily Salad Selection of Lettuce, Tomato, Cucumber, Beetroot, Sweetcorn, Coleslaw, & Carrot. Look out also for our "Salad Special" of the Day					
Freshly Cooked each day - Jacket Potatoes with various Fillings					
Dessert	Chocolate sponge & chocolate sauce Yoghurt Fresh fruit salad	Lemon sponge with cream Yoghurt Fresh fruit salad	Mixed berry trifle Yoghurt Fresh fruit salad	Pear & red fruit crumble with custard Yoghurt Fresh fruit salad	Bread & butter pudding Yoghurt Fresh fruit salad
Daily Additions	Water Wholemeal bread	Water Brown bread	Water Brown bread	Water Brown bread	Water Brown bread

Although Cater Link makes every endeavour to eliminate the use of nuts in our food production, many of the ingredients supplied to us are produced in factories where nuts may be used. As a result we cannot guarantee a 100% nut free menu.