

Ambleside Primary. Summer Menu 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Pork Loin & Red Onion Gravy New Potatoes Pasta & Vegetables in Mascarpone Sauce with Baguette Chunk Carrots & Spring Cabbage Crispy Lemon Flan Devonshire Split & Milk	Chicken Pie Cheese & Onion Snacks Creamed Potatoes Broccoli & Sweetcorn Mango Sorbet Jelly & Pineapple	Roast Gammon & Roast Potatoes Quorn Sweet & Sour with Rice Vegetable Medley Apple & Apricot Crumble with Custard Chelsea Bun	Chilli Con Carne & Rice Vegetable Plait New Potatoes Garlic Bread Mixed Vegetables Yoghurt with Fruit Puree Fruit Salad & Milk Drink	Breaded Fish Assorted Pizza Light Fries Garden Peas & Coleslaw Chocolate & Pear Muffin Oaty & Raisin Cookie Milk
Week Two	Beef Lasagne & Baguette Cheese & Vegetable Cobbler New Potatoes Cabbage & Sweetcorn Oatmeal Cookie Pineapple Upside Down Cake	Toad in the Hole with Mashed Potato & Gravy Quorn Spaghetti Bolognaise Carrots & Green Beans Pear & Ginger Sponge with Custard Cornflake Tart with Apple Wedges	Roast Chicken Fillet & Gravy Roast Potatoes Pasta with Tomato & Basil & Baguette Slice Fresh Vegetable Medley Apple & Rhubarb Crumble with Custard Banoffee Tart Milk Drink	Lamb Meat Balls & Gravy with Potato Wedges Quorn Cottage Pie Carrots & Broccoli Cherry Shortcake Date Fruit Cookie Milk Drink	Tuna & Salmon Melt Cheese & Sweetcorn Quiche Light Fries Peas & Coleslaw Yoghurt with Fruit Puree Fresh Fruit Salad
Week Three	Tuna Pasta Bake Vegetable Chilli Tortillas Baguette or Herby Jacket Wedges Carrots & Green Beans Cherry Muffin Canadian Date Cake	Chicken Curry, Bombay Potatoes With 1/2 Naan Bread Vegetable Lasagne with New Potatoes Garden Peas & Sweetcorn Butterscotch Tart & Fruit Wedges Iced Bun	Roast Beef & Yorkshire Pudding Roast Potatoes & Gravy Macaroni & Vegetable Bake with Baguette Chunk Savoy Cabbage & Carrots Raisin Flapjack Peach Scone & Cream Milk	Shepherds Pie & Gravy Jacket Potato with Beans Cauliflower & Broccoli Crunchy Fruit Cake Chocolate Mandarin Brownie	Cheese & Tomato Pizza Salmon Nuggets Light Fries Mushy Peas & Coleslaw Yoghurt & Fruit Wedges Strawberry Frozen Mousse