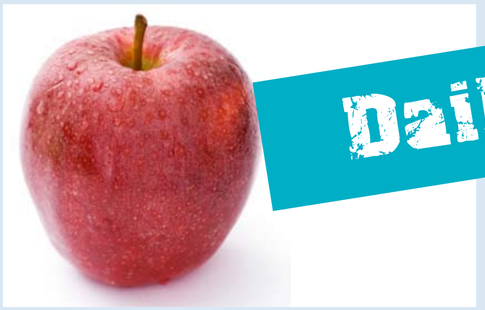
Secondary Mid-morning Break – NOVEMBER 2009 – JULY 2010

London Borough of Barking & Dagenham Catering Services



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Wholemeal Cheese and Tomato Pizza 70p	Toastini 90p Chicken Drumstick 50p	Chicken Burger Bap £1.00	Cheese Flan ✪ 50p	Cheese Pasty 50p
Week 2	Wholemeal Cheese and Tomato Pizza 70p	Chicken Bites in Pitta £1.10 Homemade Cheesy Corn Triangle 20p	Crispy Crumb Veggie Burger in Bap 80p	Toastini 90p Chicken Drumstick 50p	Cheese Flan ✪ 50p
Week 3	Wholemeal Cheese and Tomato Pizza 70p	Chicken Drumstick 50p Cheese Flan ✪ 50p	Spicy Beanburger in Bap 70p	Chicken Bites in Pitta ✪ £1.10 French Bread Pizza ✪ 75p	Chicken Burger Bap £1.00

Daily

Filled Sandwiches from £1.15
Filled Baguettes from £1.20
Filled Rolls from £1.00
Filled Wraps from £1.00
Variety of Salads from 60p
Fresh Fruit from 20p

Fruit Yoghurt 40p
Frozen Yoghurt 30p
Cheese & Biscuits 30p
Croisssant 60p
English Muffins 40p
Crumpets 50p

Fruit Loaf 50p
Semi-skimmed Milk 20p
Fruit Juice 50p
Aqua Juice from 75p
Mineral Water 40p
Milkshake 50p

5 A DAY

✪ indicates Home made

Sustainable source

Assured food standard

November 2009

Wk	M	T	W	T	F	S	S
1							1
2	2	3	4	5	6	7	8
3	9	10	11	12	13	14	15
1	16	17	18	19	20	21	22
2	23	24	25	26	27	28	29
3	30						

December 2009

WK	M	T	W	T	F	S	S
3		1	2	3	4	5	6
1	7	8	9	10	11	12	13
2	14	15	16	17	18	19	20
3	21	22	23	24	25	26	27
1	28	29	30	31			

January 2010

WK	M	T	W	T	F	S	S
1					1	2	3
2	4	5	6	7	8	9	10
3	11	12	13	14	15	16	17
1	18	19	20	21	22	23	24
2	25	26	27	28	29	30	

February 2010

WK	M	T	W	T	F	S	S
3	1	2	3	4	5	6	7
1	8	9	10	11	12	13	14
2	15	16	17	18	19	20	21
3	22	23	24	25	23	27	28

March 2010

Wk	M	T	W	T	F	S	S
1	1	2	3	4	5	6	7
2	8	9	10	11	12	13	14
3	15	16	17	18	19	20	21
1	22	23	24	25	23	27	28
2	29	30	31				

April 2010

Wk	M	T	W	T	F	S	S
2				1	2	3	4
3	5	6	7	8	9	10	11
1	12	13	14	15	16	17	18
2	19	20	21	22	23	24	25
3	26	27	28	29	30		

May 2010

Wk	M	T	W	T	F	S	S
3						1	2
1	3	4	5	6	7	8	9
2	10	11	12	13	14	15	16
3	17	18	19	20	21	22	23
1	24	25	26	27	28	29	30
2	31						

June 2010

Wk	M	T	W	T	F	S	S
2		1	2	3	4	5	6
3	7	8	9	10	11	12	13
1	14	15	16	17	18	19	20
2	21	22	23	24	25	26	27
3	28	29	30				

July 2010

Wk	M	T	W	T	F	S	S
3				1	2	3	4
1	5	6	7	8	9	10	11
2	12	13	14	15	16	17	18
3	19	20	21	22	23	24	25
1	26	27	28	29	30	31	