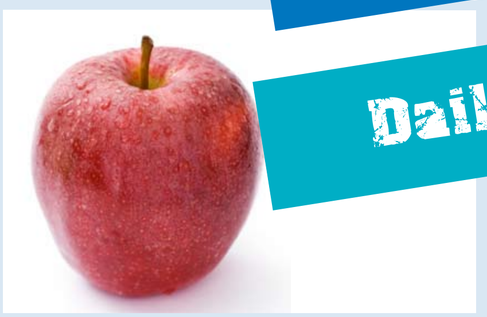
Secondary Cash Cafeteria Menu Week 2 – NOVEMBER 2009 – JULY 2010

London Borough of Barking & Dagenham Catering Services

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sweet & Sour Chicken ✪ £1.10 Oven-baked Fish Fiesta 50p Sweet & Sour Vegetables ✪ £1.00	Minced Beef & Onion Pie ✪ 95p Chicken Breast Fillet 80p Bean & Vegetable Biryani ✪ 50p	Roast Chicken 75p Cheese & Onion Pasty 50p	Chilli Con Carne ✪ £1.00 Wholemeal Breaded Salmon 60p Mushroom Chow Mein ✪ 50p	Spaghetti & Meatballs ✪ 80p Minute Steak Baguette or Pitta £1.70 Vegetable topped English Muffin ✪ 70p
Meal Deal	Oven-baked Fish Fiesta, Sauté Potatoes & Baked Beans £1.35	Minced Beef & Onion Pie ✪ with Creamed Potatoes £1.20	Roast Chicken Meal with Roast Potatoes £1.60 Roast Chicken Meal with Creamed Potatoes £1.25	Chilli con Carne and Rice £1.25	Spaghetti & Meatballs and Garlic Bread £1.05
Vegetables & Salads	Basmati Rice 30p Oven-baked Sauté Potatoes 70p	Oven-baked Wedges 70p Creamed Potatoes 30p	Roast Potatoes 70p Creamed Potatoes 30p Yorkshire Pudding 20p	Basmati Rice 30p Oven-baked Wedges 70p	Oven-baked Diced Potatoes 70p Garlic Bread 30p
Seasonal Sweets	Carrot Cake ✪ 60p	Oat Cookie ✪ 20p	Apple & Banana Crisp ✪ 55p	Chocolate Sponge 50p & Chocolate Sauce ✪ 20p	Fruit Pie ✪ 50p
 **Daily**	Filled Sandwiches from £1.15 Filled Baguettes from £1.20 Filled Rolls from £1.00 Filled Wraps from £1.00 Baked Beans 20p Spaghetti Rings 20p Jacket Potatoes 60p	Vegetables FREE Variety of Salads from 60p Fresh Fruit from 20p Fresh Fruit Salad 80p Fruit Yoghurt 40p Frozen Yoghurt 30p Cheese & Biscuits 30p	Custard 15p 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	