

Secondary Cash Cafeteria Menu Week 3 – NOVEMBER 2009 – JULY 2010



Monday

Tuesday

Wednesday

Thursday

Friday



Main Meal

Chicken Curry ✪ £1.00
 Barbeque Chicken ✪ 55p
 Vegetable Curry ✪ 80p

Lasagne ✪ £1.10
 Wholemeal Breadcr
 Salmon ✪ 60p
 Vegetable
 Lasagne ✪ £1.00

Roast Lamb 75p
 Carrot and
 Cheese Slice ✪ 50p

Beef Chow Mein ✪ 80p
 Salmon Fishcakes 60p
 Cheese Flan ✪ 50p

Chicken Pie ✪ £1.00
 Pizza with a Variety of
 Toppings ✪ from 70p
 Vegetable
 Country Bake 60p



Meal Deal

Barbeque Chicken
 and Rice 80p

Lasagne ✪ and
 Garlic Bread £1.35

Roast Lamb Meal with
 Roast Potatoes £1.55
 Roast Lamb Meal with
 Creamed Potatoes £1.15

Cheese Flan ✪ and
 Oven-baked Wedges
 £1.15

Chicken Pie ✪ &
 Sauté Potatoes £1.65



Vegetables & Salads

Basmati Rice 30p
 Naan Bread 50p

Oven-baked
 Diced Potatoes 70p
 Garlic Bread 30p

Roast Potatoes 70p
 Creamed Potatoes 30p
 Yorkshire Pudding 20p

Oven-baked
 Wedges 70p

Oven-baked Sauté
 Potatoes 70p

Seasonal Sweets

Fruit Pie ✪ 50p

Fruit Muffin 60p

Dorset Apple
 Cake ✪ 60p

Cherrywheat
 Crunch ✪ 20p

Wholemeal Banana
 Sponge ✪ 60p



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

✪ indicates Home made

Sustainable source

Assured food standard



| November 2009 | | | | | | | December 2009 | | | | | | | January 2010 | | | | | | | February 2010 | | | | | | | March 2010 | | | | | | | April 2010 | | | | | | | May 2010 | | | | | | | June 2010 | | | | | | | July 2010 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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