

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



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

Fruit Pie ✪ 50p

Fruit Muffin 60p

Dorset Apple
Cake ✪ 60p

Cherrywheat
Crunch ✪ 20p

Wholemeal Banana
Sponge ✪ 60p

✪ 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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