Secondary Cash Cafeteria Menu Week 1 – NOVEMBER 2009 – JULY 2010

London Borough of Barking & Dagenham Catering Services

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Spaghetti Bolognaise ✪ £1.15 Oven-baked Battered Cod 60p Vegetable Bolognaise ✪ £1.15	Chicken Curry ✪ £1.00 Cheese & Vegetable Flan ✪ 50p Vegetable Curry ✪ 80p	Roast Lamb 70p Vegetarian Toad-in-the-Hole 70p	Shepherd's Pie ✪ 95p Pizza with a variety of toppings ✪ from 70p Vegetable Shepherd's Pie ✪ £1.00	Jerk Chicken Drumstick ✪ 55p Lasagne ✪ £1.10 Southern Baked Fish ✪ 85p
Meal Deal	Spaghetti Bolognaise ✪ and Garlic Bread £1.40	Chicken Curry ✪ Rice and Naan Bread £1.75	Roast Lamb Meal with Roast Potatoes £1.55 Roast Lamb Meal with Creamed Potatoes £1.20	Cheese and Tomato Pizza ✪ and Oven-baked Wedges £1.35	Jerk Chicken ✪, Rice and Peas 90p
Vegetables & Salads	Oven-baked Wedges 70p Garlic Bread 30p	New Potatoes 60p Naan Bread 50p Basmati Rice 30p	Roast Potatoes 70p Creamed Potatoes 30p Yorkshire Pudding 20p	Oven-baked Wedges 70p	Oven-baked Chipped Potatoes 70p Rice & Peas 40p Garlic Bread 30p
Seasonal Sweets	Fruit Crumble ✪ 50p	Fruit Shortbread Biscuit ✪ 15p	Apple Pie ✪ 50p	Chocolate Crisp ✪ 35p	Lemon Iced Sponge ✪ 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	