

Sawston Village College – Summer Menu 2009

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Chicken	Spaghetti Bolognaise	Lamb & Lentil Dhansak Curry	Traditional Lasagne served with Garlic Bread	Battered Cod
Butternut Squash & Spring Onion Frittata	Ratatouille Bruschetta	Quorn Sticky Sausages	Stuffed Mexican Rice Pepper	Spinach & Red Onion Pitta Bread Pizza
Baby Boiled Potatoes Noodles Savoy Cabbage	White and Brown Rice Sweetcorn	Indian Rice Creamy Mashed Potato Broccoli Florets Onion Bhaji	Jacket Wedges Medley of Farmhouse Vegetables	Chips Reduced Sugar & Salt Baked Beans Peas or Mushy Peas
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Red Cherry Crumble with Custard Sauce or Vanilla Ice-Cream	Cornflake Tart with Custard or Vanilla Ice-Cream	Jam & Coconut Sponge with Custard Sauce or Vanilla Ice-Cream	Peach Turnovers Custard Sauce or Vanilla Ice-Cream	Chocolate Fudge Cake with Vanilla Ice-Cream



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Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tikka Masala	Beef & Green Peppers in Black Bean Sauce	Roast Chicken with Sage & Onion Stuffing	Highland Minced Pork Plait	Battered Cod
Tomato Macaroni Cheese	Mushroom & Courgette Wellington	Sweet Potato & Sage Butter Risotto	Cheese, Tomato & Basil Quiche	Vegetable Korma
White and Brown Rice Sauté Potatoes Garlic Bread Petit Pois	Noodles Baked 1/2 Jacket Potato Baby Boiled Potatoes Broccoli & Cauliflower Florets	Roast Potatoes Mediterranean Roasted Vegetables Peas with Baton Carrots	Sauté Potatoes White and Brown Rice Fine Green Beans	Chips White and Brown Rice Peas or Mushy Peas Reduced Sugar & Salt Baked Beans
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Baked Syrup Sponge with Custard Sauce or Vanilla Ice-Cream	Rhubarb Crumble with Cinnamon Custard or Vanilla Ice-Cream	Fudge Tart with Custard Sauce or Vanilla Ice-Cream	Chocolate Muffin with Chocolate Custard or Vanilla Ice-Cream	Sticky Toffee Apple Cake with Vanilla Ice-Cream



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Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Chilli Pork	Turkey Enchiladas	Minced Beef & Onion Pie	Roast Pork Loin Steak Served with Apple Sauce	Battered Cod
				Lemon & Black Pepper Tuna Steak
Mediterranean Quorn Wrap	Bolognese Mozzarella Focaccia Melt	Roasted Vegetable Pilaff & Mint Yoghurt Dip	Broccoli Cheese Gratin	Traditional Chicken Tikka Pizza
				Vegetable Sausage Toad in the Hole
Noodles Pasta Shells in Tomato & Basil Sauce Whole Baby Corn	White and Brown Rice Spicy Jacket Wedges Poppadoms Sautéed Leeks & Peppers	Creamy Mashed Potato Spanish Rice Mini Garlic & Coriander Naan Julienne Carrots	Roast Potatoes Spaghetti Savoy Cabbage	Chips Peas or Mushy Peas Reduced Sugar & Salt Baked Beans
Lemon Bakewell Tart with Lemon Custard or Vanilla Ice-cream	Marble Sponge with Chocolate Custard or Vanilla Ice-Cream	Apple Crumble with Custard Sauce or Vanilla Ice-Cream	Jam Roly Poly with Fresh Cream or Vanilla Ice-Cream	Mississippi Mud Pie with Vanilla Ice-Cream



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Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lincolnshire Sausages in Onion Gravy	Ham & Mushroom Pasta Carbonara	Chicken Stir-Fry	Pork Meatballs in Sweet Chilli Sauce	Breaded Cod
Spring Vegetable & Potato Bake	Caribbean Vegetable Curry	Southern Style Quorn Dippers with Salsa Dip	Roasted Vegetable Puff Slice	Choice of Omelette
Mashed Potato White and Brown Rice Peas with Baton Carrots	Baby Boiled Potatoes White and Brown Rice Sweetcorn	Sauté Potatoes Garlic Bread Mixed Vegetables	White and Brown Rice Baby Boiled Potatoes Penne Pasta Green Beans	Chips Peas or Mushy Peas Reduced Sugar & Salt Baked Beans
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Sweet Waffle with Custard Sauce or Vanilla Ice-Cream	Sticky Toffee Pudding with Caramel Sauce or Vanilla Ice-Cream	Apple & Rhubarb Pie with Custard Sauce or Vanilla Ice-Cream	Pear Crumble with Custard Sauce or Vanilla Ice-Cream	Chocolate Crunch with Vanilla Ice-Cream



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