

PENKFORD SCHOOL MENU

Commencing May 2015 - October 2015

Option 1 WEEK 1

Dates: 4/5, 1/6, 22/6, 13/7, 1/9, 21/9, 12/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Cooks Specialities	Tuna Pasta Bake with Crusty Bread	Roast Chicken Breast & Gravy	Pork Sausages with Gravy	Homemade Steak Pie or Chicken Pie	Harry Ramsden Battered Fish
Vegetarian	Vegetarian Sausage Roll	Penne Arrabiata with Ciabatta Bread	Vegetarian Burger with Onion Gravy	Quorn & Lentil Curry with Rice	Home made Pizza with Choice of Toppings
Deli Bar/ Sandwich Bar	Jacket potato with choice of filling	Assorted sandwiches, wraps, baguettes & rolls Cheese, Tuna, Chicken, Pork, Ham, Turkey, Salmon	Jacket potato with choice of filling	Assorted sandwiches, wraps, baguettes & rolls Cheese, Tuna, Chicken, Pork, Ham, Turkey, Salmon	Jacket potato with choice of filling
Potato Bar					
Carb Station	Cooks Choice of Vegetables Baked Beans Duchess Potatoes	Cooks Choice of Vegetables Roasted Potatoes	Cooks Choice of Vegetables Mashed Potatoes	Cooks Choice of Vegetables New Potatoes	Peas Chips
Home Made Tasty Puddings	Ice Cream Roll with Peaches	Shortbread Biscuit & Milkshake	Fruit Sponge & Custard	Raspberry Ripple or Chocolate Mousse & Fruit Wedges	Fruity Muffin Carrot & Orange Muffins

A variety of the following also available daily from the deli bar - assorted bread, wide choice of salad items, a variety of dried fruit, vegetable sticks and one of the following; pasta, cous cous or rice dish.

Also available daily: variety of fresh fruit pieces, yoghurt, water, juice & low fat milk.

WEEK 2

Dates: 11/5, 8/6, 29/6, 7/9, 28/9, 19/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Cooks Specialities	Pork Meatballs in Onion Gravy	Roast Beef & Yorkshire Pudding	Sliced Gammon & Pineapple	Spaghetti Bolognese	Fish Fingers or Salmon Goujons
Vegetarian	Quorn Spaghetti Bolognese with Garlic Bread	Salmon & Broccoli Quiche	Cheese & Tomato Pasta with Crusty Bread	Cornish Pasty with Pickled Beetroot	Homemade Pizza with Choice of Toppings
Deli Bar/ Sandwich Bar	Jacket potato with choice of filling	Assorted sandwiches, wraps, baguettes & rolls Cheese, Tuna, Chicken, Pork, Ham, Turkey, Salmon	Jacket potato with choice of filling	Assorted Sandwiches, wraps, baguettes & rolls Cheese, Tuna, Chicken, Pork, Ham, Turkey, Salmon	Jacket potato with choice of filling
Potato Bar					
Carb Station	Cooks Choice of Vegetables Mashed Potato	Cooks Choice of Vegetables Roasted & New Potatoes Sweetcorn & New Potatoes with Vegetarian Option	Cooks Choice of Vegetables Duchess Potatoes	Cooks choice of Vegetables Baked Beans ½ Jacket Potato	Peas Chips
Home Made Tasty Puddings	Toffee Frozen Yoghurt	Gingerbread Man & Milkshake	Fruit Sponge & Custard	Fruity Flapjack	Cherry, Raisin or Oat Cookie with Fruit Wedges

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WEEK 3

Dates: 18/5, 15/6, 6/7, 14/9, 5/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Cooks Specialities	<i>Chicken Curry & Rice</i>	<i>Pork Loin, Apple Sauce & Gravy</i>	<i>Homemade Shepherds Pie with Beetroot</i> <i>or Hot Pot with Crust</i>	<i>Homemade 100% Beef Burger on Bun with Onions & Tomato Ketchup</i> <i>or Beef Burger with Gravy</i>	<i>Harry Ramsden Battered Fish</i>
Vegetarian	<i>Tuna & Tomato Pasta</i> <i>Bake with Ciabatta or Garlic Bread Fingers</i>	<i>Quorn Sausages or Quorn Meatballs with Gravy</i>	<i>Homemade Pizza with Choice of Toppings</i>	<i>Cheese & Onion Quiche</i>	<i>Omelette</i>
Deli Bar/ Sandwich Bar		<i>Assorted sandwiches, wraps, baguettes & rolls</i> <i>Cheese, Tuna, Chicken, Pork, Ham, Turkey, Salmon</i>		<i>Assorted sandwiches, wraps, baguettes & rolls</i> <i>Cheese, Tuna, Chicken, Pork, Ham, Turkey, Salmon</i>	
Potato Bar	<i>Jacket potato with choice of filling</i>		<i>Jacket potato with choice of filling</i>		<i>Jacket potato with choice of filling</i>
Carb Station	<i>Cooks Choice of Vegetables</i> <i>50/50 Rice</i>	<i>Cooks Choice of Vegetables</i> <i>Roast Potatoes</i> <i>Mashed Potatoes</i>	<i>Cooks Choice of Vegetables</i> <i>Coleslaw</i> <i>½ Jacket Potato</i>	<i>Cooks Choice of Vegetables</i> <i>Baked Beans</i> <i>Duchess Potatoes</i>	<i>Peas</i> <i>Chips</i>
Home Made Tasty Puddings	<i>Vanilla Ice Cream with Mandarins</i>	<i>Chocolate Surprise Cake</i>	<i>Fruit Jelly with Fruit Pieces</i>	<i>Lemon Mousse Sponge</i>	<i>Choc Fudge Brownie with Fruit Slices</i>

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