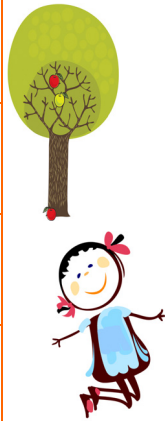



Bracknell Forest Primary Schools

Two Choice Menu

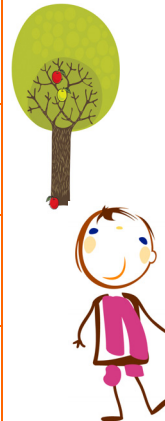
Spring/Summer Menu 2010

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Choice One	Lamb Tacos	Cheesy Lemon Chicken served with Rice	Roast Lamb served with Roast or New Potatoes	Chicken, Cheese & Tarragon Pie served with Mashed Potatoes	Fish Fingers served with Oven Chips or Rice	
Choice Two	Cheese, Tomato & Basil Tart served with New Potatoes	Quorn Bolognaise	Cheesy Leek Pasta Bake	Vegetable & Chickpea Balti served with Rice	Stuffed Peppers with Quorn & Cous Cous	
Vegetables	Mixed Salad Sweetcorn & Red Peppers	Green Beans Carrots	Minted Peas Cauliflower	Broccoli Carrots	Garden Peas Baked Beans	
Dessert	Banana Pancake Stack	Fruity Biscuits	Fresh Fruit Salad & Natural Yoghurt	Lemon Drizzle Cake & Honeyed Yoghurt	Fruit Jelly	

DATES
Week Commencing 22nd February, 15th March, 19th April, 10th May, 7th June, 28th June, 19th July

	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Choice One	Beef & Spinach Lasagne	Cumin Spiced Lamb Potato Bake	Roast Turkey served with Roast or New Potatoes	Caribbean Chicken Curry served with Rice	Fish Fingers served with Jacket wedges
	Choice Two	Turkish Vegetable & Humous Pitta	Home Made Margherita Pizza	Vegetable Paella	Macaroni Cheese	Butterbean Ragu served with Jacket Wedges
	Vegetables	Vegetable Sticks Broccoli	Sweetcorn Carrots	Curly Kale Cauliflower	Green Beans Carrot Batons	Peas Mixed Salad
	Dessert	Ice Cream & Peaches	Sultana Shortbread	Chocolate & Beetroot Brownie	Fresh Fruit Salad & Natural Yoghurt	Rhubarb Crumble & Custard

DATES
Week Commencing 1st March, 22nd March, 26th April, 17th May, 14th June, 5th July

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	
Choice One	Cottage Pie	Hot Chicken Burrito	Roast Beef served with Roast or New Potatoes	Home Made Lamb/Beef Burger served in a Bun	Breaded Salmon served with Oven Chips	
Choice Two	Vegetable Ragu Boats	Quorn Noodle Stir Fry	Spicy Bean Burrito	Vegetable Burger served in a Bun	Spiced Lattice Pie served with Oven Chips	
Vegetables	Mashed Carrot Peas	Broccoli Sweetcorn	Savoy Cabbage Cauliflower	Vegetable Sticks Peas	Baked Beans Carrots	
Dessert	Cheese & Crackers	Fruity Sponge	Pineapple Upside Down Cake & Custard	Fresh Fruit Salad & Natural Yoghurt	Baked Cheesecake	

DATES
Week Commencing 8th March, 29th March, 3rd May, 24th May, 21st June, 12th July

The following are available daily:

Freshly prepared Salad Bar containing 4-6 choices (minimum of 3 with no dressing)
Organic Fresh White & Wholemeal Crusty Bread

Red Tractor Meat & Marine Stewardship Council (MSC) Fish used in Home Made Dishes
Free Range Eggs

Selection of Seasonal Fresh Fruit - Yoghurts
Chilled Water

The Carbohydrate is incorporated in the whole dish unless otherwise stated

