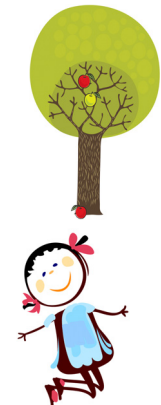


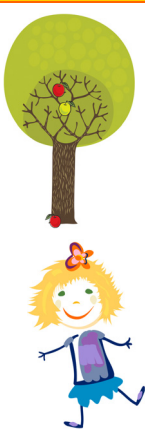
# Redbridge Primary Schools

## Three Choice Menu


### Spring/Summer Menu 2010

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Choice One	Lamb Tacos	Lemon Chicken served with Rice	Roast Turkey served with Roast or New Potatoes	Home Made Chicken Pie served with Mashed Potatoes	Lamb Balti Curry served with Rice	
Choice Two	Herb Crumbed White Fish & Ratatouille with New Potatoes	Homemade Cheese, Tomato & Pepper Pizza	Quorn Chow Mein	Red Onion Quiche served with New Potatoes	Fish Fingers served with Oven Chips or Rice	
Choice Three	Cheese & Pepper Pasta	Stuffed Peppers with Quorn and Cous Cous	Cheese, Tomato & Basil Tart served with New Potatoes	Vegetable & Chickpea Balti Curry served with Rice	Vegetable Sausages served with Oven Chips or Rice	
Vegetables	Mixed Salad Sweetcorn	Green Beans Carrots	Minted Peas Cauliflower	Broccoli Carrots	Garden Peas Baked Beans	
Dessert	Cheese & Crackers	Fruity Biscuits	Fresh Fruit Salad with Natural Yoghurt	Lemon Drizzle Sponge & Natural 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	Lasagne	Cumin Spiced Lamb Potato Bake	Roast Lamb served with Roast or New Potatoes	Caribbean Chicken Curry served with Rice	Chicken Sausages served with Oven Chips or New Potatoes
	Choice Two	Salmon Quiche served with New Potatoes	Chilled Tuna Wrap	Spicy Bean Burrito	Cheese & Fish Stuffed Jacket Potatoes	Fish Cakes served with Oven Chips or New Potatoes
	Choice Three	Turkish Roasted Vegetable Pitta	Vegetarian Spaghetti Bolognese	Vegetable Paella	Home Made Margherita Pizza	Butterbean & Tomato Ragù served with Jacket Wedges or New Potatoes
	Vegetables	Vegetable Sticks Sweetcorn	Broccoli Carrots	Curly Kale Sweetcorn & Peppers	Green Beans Carrot Sticks	Peas Baked Beans
	Dessert	Sultana Shortbread	Ice Cream & Peaches	Chocolate Brownie	Fresh Fruit Salad & Natural Yoghurt	Apple 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	Chicken & Sweetcorn Pizza	Hot Chicken Buritto	Roast Chicken served with Roast or New Potatoes	Home Made Lamb/Beef Burger served in a Bun	Spaghetti Bolognese	
Choice Two	Cheesy Stuffed Jacket Potatoes	Tuna Pasta Bake	White Fish & Tomato sauce served with Roast or New Potatoes	Tomato & Vegetable Pasta	Cheese & Salad Wraps	
Choice Three	Quorn Noodle Stir Fry	Macaroni Cheese	Roasted Vegetables & Chickpeas served with Cous Cous	Vegetable Burger served in a Bun	Vegetable Lattice Pie	
Vegetables	Vegetable Sticks Peas	Broccoli Sweetcorn	Cabbage Carrots	Mixed Salad Baked Beans	Sweetcorn Courgettes	
Dessert	Cheese & Crackers	Fruity Sponge	Pineapple Upside Down Sponge & Custard	Fruity Flapjack	Fresh Fruit Salad & Natural Yoghurt	

**DATES**  
Week Commencing 8th March, 29th March, 3rd May, 24th May, 21st June, 12 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 - Organic Yoghurts  
Chilled Water & Semi-Skimmed Milk

The Carbohydrate is incorporated in the whole dish unless otherwise stated  
v = Vegetarian Option



more  
**Smiles**  
ALL ROUND