

Gower Independent Primary School

MENU JANUARY 2011



Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Main Course One

PASTA IN TOMATO & BASIL SAUCE WITH OR WITHOUT CHEESE

CHICKEN CURRY

JACKET POTATOES WITH CHEESE OR TUNA MAYO READY MADE COLESLAW

SPAGHETTI BOLOGNAISE

CHEESE & ONION PASTY

Main Course Two

VEGETABLE CURRY

JACKET POTATOES WITH BAKED BEANS READY MADE COLESLAW

VEGETABLE BOLOGNAISE

VEGETABLE NUGGETS

Carbohydrates

GARLIC BREAD

RICE NAAN BREAD

GARLIC BREAD

OVEN BAKED CHIPPED POTATO

Vegetables

SWEETCORN

COLESLAW

BAKED BEANS

SELECTION OF SALADS BREAD & SPREAD

SELECTION OF SALADS BREAD & SPREAD

SELECTION OF SALADS BREAD & SPREAD

SELECTION OF SALADS

SELECTION OF SALADS BREAD & SPREAD

Desserts

PEACHES & ICE CREAM

APPLE CRUMBLE WITH CUSTARD SAUCE

SLICE CHEESE WITH CRACKERS

PLAIN SPONGE WITH CUSTARD

SMOOTHIES

FRESH FRUIT PLATTER

FRESH FRUIT PLATTER

FRESH FRUIT PLATTER

FRESH FRUIT PLATTER

FRESH FRUIT PLATTER

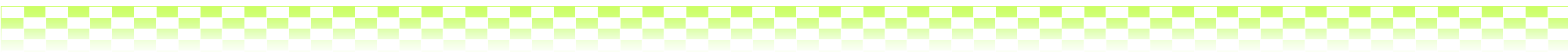


Gower Independent Primary School

MENU JANUARY 2011



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course One	<i>FISH FINGERS</i>	<i>JACKET POTATOES WITH CHEESE OR TUNA MAYO READY MADE COLESLAW</i>	<i>SHEPHERDS PIE</i>	<i>ROAST CHICKEN</i>	<i>CHEESE & TOMATO PIZZA</i>
Main Course Two	<i>VEGETABLE GRILL</i>	<i>JACKET POTATOES WITH BAKED BEANS READY MADE COLESLAW</i>	<i>CHEESE & POTATO PIE</i>	<i>VEGETABLE NUGGETTS</i>	
Carbohydrates	<i>SAUTE POTATO</i>			<i>ROAST POTATOES</i>	<i>OVEN BAKED CHIPPED POTATOES</i>
Vegetables	<i>BAKED BEANS</i>	<i>COLESLAW</i>	<i>SLICED GREEN BEANS MIXED VEGETABLE</i>	<i>BROCOLLI CARROTS</i>	<i>BAKED BEANS</i>
	<i>SELECTION OF SALADS BREAD & SPREAD</i>	<i>SELECTION OF SALADS BREAD & SPREAD</i>	<i>SELECTION OF SALADS BREAD & SPREAD</i>	<i>SELECTION OF SALADS BREAD & SPREAD</i>	<i>SELECTION OF SALADS</i>
Desserts	<i>PEACHES AND ICE CREAM</i>	<i>APPLE CRUMBLE WITH CUSTARD</i>	<i>SMOOTHIES</i>	<i>FRUIT YOGHURT</i>	<i>FRUIT COCKTAIL & ICE CREAM</i>
	<i>FRESH FRUIT PLATTER</i>	<i>FRESH FRUIT PLATTER</i>	<i>FRESH FRUIT PLATTER</i>	<i>FRESH FRUIT PLATTER</i>	<i>SLICE CHEESE & BISCUIT</i>



Gower Independent Primary School

MENU JANUARY 2011



Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Main Course One

PASTA IN TOMATO & BASIL SAUCE WITH OR WITHOUT CHEESE

LAMB BURGERS IN A BUN WITH SLICE CHEESE

CHICKEN STEW

*JACKET POTATOES WITH CHEESE OR TUNA MAYONNAISE
READY MADE COLESLAW*

FISH FINGERS

Main Course Two

VEGETABLE BURGER WITH CHEESE IN A BUN

VEGETABLE STEW

*JACKET POTATOES WITH BAKED BEANS
READY MADE COLESLAW*

VEGETABLE NUGGETS

Carbohydrates

GARLIC BREAD

SMILEY FACES

RICE

OVEN BAKED CHIPPED POTATOES

Vegetables

MIXED VEGETABLE

CARROTS

SWEET CORN

BAKED BEANS

SELECTION OF SALADS

*SELECTION OF SALADS
BREAD & SPREAD*

*SELECTION OF SALADS
BREAD & SPREAD*

SELECTION OF SALADS

*SELECTION OF SALADS
BREAD & SPREAD*

Desserts

FRUIT COCKTAIL

CHOCOLATE CHIP SPONGE WITH CUSTARD

*RASPBERRY RIPPLE
ICE CREAM SPONGE ROLL*

SMOOTHIES

ICE CREAM & PEACHES

FRESH FRUIT PLATTER

FRESH FRUIT PLATTER

FRESH FRUIT PLATTER

FRESH FRUIT PLATTER

FRESH FRUIT PLATTER



