

# Lunch Menu

The Maynard School

fresh fruit and veg served daily



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Main Courses

#### Main Course 1

Chicken Paella

Lamb Tagine with Couscous

Roast Chicken & Bread Sauce

Cottage Pie

Battered Haddock

#### Vegetarian

Vegetarian Lasagne

Corn & Courgette Fritter

Crispy Greek Style Pie

Vegetarian Chilli

Veggie Burger

#### Special

Baked Jacket Potato

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Baked Jacket Potato

Baked Jacket Potato

### Accompaniments

#### Vegetables

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

#### Salads

Fresh Salad Bar

Fresh Salad Bar

Fresh Salad Bar

Fresh Salad Bar

Fresh Salad Bar

#### Potato / rice / pasta / cous cous

Boiled Potatoes

Mashed Potato

Roast Potatoes

Mashed Potato

Oven Chips

### Sandwiches

#### Sandwiches & baguettes

Packed lunch available

Packed lunch available

Packed Lunch Available

Packed Lunch Available

Packed Lunch Available

### Desserts

#### Fresh fruit / yogurt

Fresh Fruit /Yogurt

Fresh fruit salad / Yogurt

Fresh Fruit Salad / Yogurt

Fresh Fruit Salad / Yogurt

Fresh Fruit Salad / Yogurt

#### Dessert

Steamed Chocolate Pudding

Apple & Cinnamon Cake

Rice Pudding

Bread & Butter Pudding

Vanilla Sponge



A Fresh Healthy Variety Every Day :-)

New menu next week!