

# Lunch Menu

The Maynard School

fresh fruit and veg served daily



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Main Courses

#### Main Course 1

Beef Bourguignon

Chicken Curry & Naan Bread

Roast Turkey & Cranberry Sauce

Maynard Grill

Fish Pie

#### Vegetarian

Pasta with Pea Pesto

Vegetarian Pie

Spicy Leek & White Bean Stew

Vegetarian Grill

Sweet & Sour Vegetables

#### Special

Baked Jacket Potato

Baked Jacket Potato

Baked Jacket Potato

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

Mashed Potato

Boiled Rice

Roast Potatoes

Saute Potatoes

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

Butterscotch Tart

Apple Flapjack

Ginger Cake

Chocolate Shortbread

Vanilla Sponge



A Fresh Healthy Variety Every Day :-)

New menu next week!