

# Lunch Menu

## The Maynard School



### Main Courses

- Main Course
- .....
- .....
- Vegetarian
- .....
- Special

### Accompaniments

- Vegetables
- .....
- Salads
- .....
- Potato / Rice / Pasta / Couscous

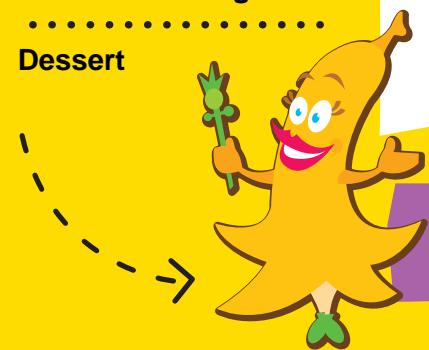
### Sandwiches

- Sandwiches & baguettes

### Desserts

- Fresh Fruit / Yogurt
- .....
- Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet & Sour Chicken	Sausage & Mash	Roast Lamb & Mint Sauce	Italian Lasagne	Fish Pie
.....	.....	.....	.....	.....
3 Cheese Pasta Bake	Baked Pepper	Homity Pie	Stir Fry Noodles	Aduki Bean Melt & Spinach
.....	.....	.....	.....	.....
Baked Jacket Potato	Baked Jacket Potato	Baked Jacket Potato	Baked Jacket Potato	Baked Jacket Potato
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
.....	.....	.....	.....	.....
Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar
.....	.....	.....	.....	.....
Boiled Rice	Mashed Potato	Roast Potatoes	Boiled Potatoes	Oven Chips
Packed lunch available	Packed lunch available	Packed lunch available	Packed lunch available	Packed lunch available
Fresh Fruit Salad / Yogurt	Fresh Fruit Salad / Yogurt	Fresh Fruit Salad / Yogurt	Fresh Fruit Salad / Yogurt	Fresh Fruit Salad / Yogurt
.....	.....	.....	.....	.....
Steamed Syrup Sponge	Lemon Drizzle Cake	Honeycombe Flan	Chocolate Swirl Cheesecake	Choux Bun



A Fresh Healthy Variety Every Day :-)

New menu next week!