

Lunch Menu

The Maynard School

fresh fruit and veg served daily



Monday

Tuesday

Wednesday

Thursday

Friday

Main Courses

Main Course 1

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.....

Vegetarian

.....

Accompaniments

Vegetables

.....

Salads

.....

Potato / rice / pasta / cous cous

.....

Sandwiches

Sandwiches & baguettes

Desserts

Fresh fruit / yogurt

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Dessert

Chilli Con Carne

OR

Cheese Omelette

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Boiled Rice

Packed Lunch Available

Fresh Fruit Salad

Steamed Syrup Sponge

Sweet and Sour Pork

OR

Courgette Fritter & Cucumber

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Pasta

Packed Lunch Available

Fresh Fruit Salad

Lemon Drizzle Cake

Roast Gammon

OR

Pasta Peperonata

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Roast Potatoes

Packed Lunch Available

Fresh Fruit Salad

Honey & Pear Pudding

Chicken & Chorizo Ragu

OR

Veggie Meatballs & Spaghetti

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Buttered Salad Potatoes

Packed Lunch Available

Fresh Fruit Salad

Chocolate Sandwich

Creamy Salmon Pasta

OR

Sweet Potato Burger

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad bar

Oven Chips

Packed Lunch Available

Fresh Fruit Salad

Arctic Roll



A Fresh Healthy Variety Every Day :-)

New menu next week!