

Lunch Menu

The Maynard School

fresh fruit and veg served daily



Monday

Tuesday

Wednesday

Thursday

Friday

Main Courses

Main Course 1

.....

.....

Vegetarian

.....

Accompaniments

Vegetables

.....

Salads

.....

Potato / rice / pasta / cous cous

Sandwiches

Sandwiches & baguettes

Desserts

Fresh fruit / yogurt

.....

Dessert

Chicken Pie

OR

Vegetable Wellington

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Noodles

Packed Lunch Available

Fresh Fruit Salad

Steamed Syrup Sponge

Cottage Pie

OR

Mediterranean Gnocchi

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Mashed Potato

Packed Lunch Available

Fresh Fruit Salad

Apple Cake

Roast Chicken

OR

Mac Cheese & Sunblush Tomatoes

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Potato Smilies

Packed Lunch Available

Fresh Fruit Salad

Sticky Toffee Pudding

Pork Chorizo & Bean Casserole

OR

Sweet Potato & Lentil Bake

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Roast Potatoes

Packed Lunch Available

Fresh Fruit Salad

Black Forest Gateau

Greek Style Baked Cod

OR

Black Bean Burger

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Oven Chips

Packed Lunch Available

Fresh Fruit Salad

Berry Shortbread



A Fresh Healthy Variety Every Day :-)

New menu next week!