

# 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

Spaghetti Bolognese

OR

Vegetable Chop Suey

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Spaghetti

Packed Lunch Available

Fresh Fruit Salad

Steamed Citrus Sponge

Baked Lemon Chicken

OR

Tofu Stroganoff

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Mashed Potato

Packed Lunch Available

Fresh Fruit Salad

Bakewell Tart

Roast Beef & Yorkshire Pudding

OR

Pesto Pasta

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Roast Potatoes

Packed Lunch Available

Fresh Fruit Salad

Rice Pudding

Layered Sausage Pie

OR

Baked Spanish Omelette

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Dauphinoise Potatoes

Packed Lunch Available

Fresh Fruit Salad

Gingerbread

Battered Scampi

OR

Vegetarian Moussaka

Baked Jacket Potato

Selection of Vegetables

Freshly Made Salad Bar

Oven Chips

Packed Lunch Available

Fresh Fruit Salad

Peach Melba



A Fresh Healthy Variety Every Day :-)

New menu next week!