

# Lunch Menu

The Maynard School



## Main Courses

### Main Course 1

### Vegetarian

## Monday

Chicken Korma & Pilaf Rice  
.....  
OR  
.....  
Spanakopita  
.....  
Baked Jacket Potato

## Tuesday

Beef Goulash  
.....  
OR  
.....  
Puy Lentils, Squash & Kale  
.....  
Baked Jacket Potato

## Wednesday

Roast Pork & Apple Sauce  
.....  
OR  
.....  
Chickpea Balls & Pasta  
.....  
Baked Jacket Potato

## Thursday

Sausage & Mash  
.....  
OR  
.....  
Vegetarian Stir Fry  
.....  
Baked Jacket Potato

## Friday

Battered Cod  
.....  
OR  
.....  
Vegetarian Lasagne  
.....  
Baked Jacket Potato

## Accompaniments

### Vegetables

### Salads

### Potato / rice / pasta / cous cous

Selection of Vegetables  
.....  
Freshly Made Salad Bar  
.....  
Noodles

Selection of Vegetables  
.....  
Freshly Made Salad Bar  
.....  
Mashed Potato

Selection of Vegetables  
.....  
Freshly Made Salad Bar  
.....  
Potato Smilies

Selection of Vegetables  
.....  
Freshly Made Salad Bar  
.....  
Roast Potatoes

Selection of Vegetables  
.....  
Freshly Made Salad Bar  
.....  
Oven Chips

## Sandwiches

### Sandwiches & baguettes

Packed Lunch Available

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Packed Lunch Available

## Desserts

### Fresh fruit / yogurt

### Dessert

Fresh Fruit Salad  
.....  
Steamed Chocolate Sponge

Fresh Fruit Salad  
.....  
Jam & Coconut Sponge

Fresh Fruit Salad  
.....  
Carrot Cake

Fresh Fruit Salad  
.....  
Apple Flapjack

Fresh Fruit Salad  
.....  
Chocolate Shortbread

A Fresh Healthy Variety Every Day :-)

New menu next week!

