

Lunch Menu

The Maynard School

fresh fruit and veg served daily



Monday

Tuesday

Wednesday

Thursday

Friday

Main Courses

Main Course 1

Vegetarian

Chicken Pie
.....
OR
.....
Cheese and Spinach Pancake
.....
Baked Jacket Potato

Mediterranean Baked Fish
.....
OR
.....
Cauliflower Curry & Boiled Egg
.....
Baked Jacket Potato

Jerk Gammon Ham
.....
OR
.....
Caponata & Home Baked Bread
.....
Baked Jacket Potato

Maynard Grill
.....
OR
.....
Veggie Grill
.....
Baked Jacket Potato

Fish Pie
.....
OR
.....
Paella
.....
Baked Jacket Potato

Accompaniments

Vegetables

Salads

Potato / rice / pasta /
cous cous

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

Selection of Vegetables
.....
Freshly Made Salad Bar
.....
Herb Buttered Potatoes

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

Selection of Vegetables
.....
Freshly Made Salad Bar
.....
Hash Brown

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 Fruit Sponge

Fresh Fruit Salad
.....
Bakewell Tart

Fresh Fruit Salad
.....
Pancakes

Fresh Fruit Salad
.....
Lemon Drizzle Cake

Fresh Fruit Salad
.....
Mille Feuille



A Fresh Healthy Variety Every Day :-)

New menu next week!