

Lunch Menu

The Maynard School

fresh fruit and veg served daily



Monday

Tuesday

Wednesday

Thursday

Friday

Main Courses

Main Course 1

Spaghetti bolognese

Chicken & cherry tomato & lentil

Roast Pork & Apple sauce

Sausage meat Wellington

Scampi & chips

OR

OR

OR

OR

OR

Vegetarian

Vegan stirfry

Butter pie with cheese & apple

Aubergine & lentil ragu

Arancini with tomato chutney

Vegetable Chilli & Rice

Accompaniments

Vegetables

Selection of vegetables

Selection of vegetables

Selection of vegetables

Selection of vegetables

Selection of vegetables

Salads

Fresh salad bar

Fresh salad bar

Fresh salad bar

Fresh salad bar

Fresh salad bar

Potato / rice / pasta / cous cous

Spaghetti

Buttered potatoes

Roast potatoes

Mashed potato

Oven chips

Sandwiches

Sandwiches & baguettes

Packed lunch available

Packed lunch available

Packed lunch available

Packed lunch available

Packed lunch available

Desserts

Fresh fruit / yogurt

Fresh fruit or yogurt

Fresh fruit or yogurt

Fresh fruit or yogurt

Fresh fruit or yogurt

Fresh fruit or yogurt

Dessert

Steamed Syrup sponge

Salted honey fudge & choc tart

Tiger Sponge & Custard

Apple Flapjack

Apricot cinnamon cake



A Fresh Healthy Variety Every Day :-)

New menu next week!