

# 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

Taco and fillings  
.....  
OR  
.....  
Cheese omelette  
.....  
Baked Jacket Potato

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

Packed Lunch Available

Fresh Fruit Salad  
.....  
Jam roly poly

Pulled pork & apple bun  
.....  
OR  
.....  
Goats cheese, pear & membrillo  
.....  
Baked Jacket Potato

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

Packed Lunch Available

Fresh Fruit Salad  
.....  
Apple & Blackberry Crumble

Roast chicken  
.....  
OR  
.....  
Baked squash  
.....  
Baked Jacket Potato

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

Packed Lunch Available

Fresh Fruit Salad  
.....  
Treacle Tart

Toad in the hole & onion gravy  
.....  
OR  
.....  
Savoury pancake & spinach  
.....  
Baked Jacket Potato

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

Packed Lunch Available

Fresh Fruit Salad  
.....  
Egg custard tart

Battered Cod  
.....  
OR  
.....  
Pizza  
.....  
Baked Jacket Potato

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

Packed Lunch Available

Fresh Fruit Salad  
.....  
Banoffee pie



A Fresh Healthy Variety Every Day :-)

New menu next week!