

Lunch Menu

The Maynard School

fresh fruit and veg served daily



Monday

Tuesday

Wednesday

Thursday

Friday

Main Courses

Main Course 1

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.....

Vegetarian

.....

Accompaniments

Vegetables

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Salads

.....

Potato / rice / pasta / cous cous

Sandwiches

Sandwiches & baguettes

Desserts

Fresh fruit / yogurt

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Dessert

Butternut Squash Spinach Curry

OR

Miso Sweet Potato Pie

Baked Jacket Potato

Selection of Vegetables

Pilau Rice

Packed Lunch Available

Fresh Fruit Salad

Chocolate Sponge & Sauce

Toad in the Hole & Onion Gravy

OR

Tofu Stir - Fry

Baked Jacket Potato

Selection of Vegetables

Parsley Potatoes

Packed Lunch Available

Fresh Fruit Salad

Caramelised Banana Pancake

Roast Turkey Cranberry Sauce

OR

Goat's Cheese Bake

Baked Jacket Poato

Selection of Vegetables

Roast Potatoes

Packed Lunch Available

Fresh Fruit Salad

Shortbread

Chicken Tagine & Couscous

OR

Roast Vegetable Wellington

Baked Jacket Potato

Selection of Vegetables

Gratin Potato

Packed Lunch Available

Fresh Fruit Salad

Lemon Meringue Pie

Fish Pie

OR

Vegetable Samosa

Baked Jacket Potato

Selection of Vegetables

Oven Chips

Packed Lunch Available

Fresh Fruit Salad

Maynard Mess



A Fresh Healthy Variety Every Day :-)

New menu next week!