

# PRINCE RUPERT SCHOOL LUNCH MENU.

**07/11/2011**

ROTA 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	HOME MADE BEEF & ONION PIE	MINCED BEEF & LENTIL COBBLER	CHICKEN FRIED RICE ( NASI GORENG )	ROAST BEEF WITH YORKSHIRE PUDDING	HAM OR TUNA PIZZA
	LAMB CUTLET WITH MINT SAUCE	POACHED FISH WITH A LEMON & PARSLEY SAUCE	HAM & MACARONI CHEESE	OVEN BAKED SAUSAGES	SPICEY BAKED CHICKEN LEGS
VEGETARIAN	VEGI COTTAGE PIE	COURGETTE & SPRING ONION ROSTI'S	CHERRY TOMATO CHEESY PASTA BAKE	TOMATO & SWEETCORN QUICHE	PIZZA MARGRITA
SALAD BAR	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS
	BOILED POTATOES WHOLEMEAL BREAD	CREAMED POTATOES BOILED RICE	GARLIC BREAD PRAWN CRACKERS	OVEN ROAST POTATOES JACKET POATOES	CHIPPED POTATOES WHOLEMEAL BREAD
VEGETABLES	SAUTED GREEN BEANS	FRESH BRAISED CABBAGE	BROCOLLI SPEARS	FRESH CAULIFLOWER	BAKED BEANS
	SWEETCORN	PEAS	ITALIEN MIXED SALAD	FRESH CARROTS	GREEN SALAD
DESSERT	OATY FLAPJACKS WITH CUSTARD	SULTANA SPONGE WITH CUSTARD	SULTANA COOKIE & GLASS OF MILK	APPLE CRUMBLE WITH CUSTARD	HOME MADE CHELSEA BUNS
	FRESH APPLE & PEAR YOGHURT COUP	HOME MADE FOREST FRUIT CHEESECAKE	FRESH PINEAPPLE SLICES	FRESH FRUIT SALAD	PEACH FLAN WITH OPTIONAL CREAM
	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS

# PRINCE RUPERT SCHOOL LUNCH MENU.

**14/11/2011**

ROTA 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	HOT DOGS WITH ONIONS	CHICKEN KORMA CURRY	BEEF & LENTIL COTTAGE PIE	ROAST PORK WITH APPLE SAUCE	HOME MADE BEEF LASAGNE
	GRILLED TUNA STEAK	BEEF & BEAN SPROUT STIR FRY	GRILLED PORK SLICE WITH FRESH APPLE RINGS	HOME MADE CHICKEN PIE	SAVORY CHICKEN ENCHILADA'S
VEGETARIAN	VEGETARIAN SAUSAGE ROLLS	SWEET POTATO CURRY	VEGETARIAN COTTAGE PIE	TOMATO & PESTO PASTA BAKE	VEG LASAGNE
SALAD BAR	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS
	CHIPPED POTATOES JACKET POTATOES	BOILED RICE WHOLEMEAL BREAD	PARSLEY POTATOES WHOLEMEAL BREAD	OVEN ROAST POTATOES BOILED POTATOES	GARLIC BREAD WHOLEMEAL BREAD
VEGETABLES	BAKED BEANS	OVEN BAKED FRESH VEGETABLES	PEAS	FRESH CARROTS	OVEN BAKED COURGETTES
	MIXED SALAD	POP-A-DUMS & SIDE DISHES	GRILLED TOMATOES	CAULIFLOWER	ITALIEN MIXED SALAD
DESSERT	PINEAPPLE UPSIDE DOWN WITH CUSTARD	JAM DOUGHNUTS	HOME MADE CARROT CAKE WITH GLASS OF MILK	RICE PUDDING WITH HOME MADE APPLE SAUCE	MIXED FRUIT CRUMBLE WITH CUSTARD
	PRE-CUT WEDGES OF FRESH FRUIT	BANANAS IN CUSTARD	CHEESE & CRACKERS	RASPBERRY MOUSSE	FRESH MELON WITH PINEAPPLE PIECES
	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS

# PRINCE RUPERT SCHOOL LUNCH MENU.

**21/11/2011**

ROTA 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEALS</b>	HOMEMADE PIZZA SELECTION  BREADED HADDOCK	JACKET POTATO BAR VARIOUS FILLINGS & TOPPINGS  QUICHE LORAINÉ	ROAST TURKEY WITH STUFFING BALLS  BBQ PORK SLICE	SPAGHETTI BOLOGNAISE  CHICKEN WITH STIR FRIED PEPPERS & BEAN SPROUTS	HOME MADE BEEF & POTATO PIE  MEATBALLS IN A MUSHROOM SAUCE
<b>VEGETARIAN</b>	PAPRIKA SWEETCORN PIZZA	SPRING VEGETABLE STEW WITH DUMPLINGS	SPICEY BEAN FILLED POTATO JACKETS	CAULIFLOWER & POTATO CURRY	HOME MADE CHEESE & LEAK PIE
<b>SALAD BAR</b>	CHEESE OR COLD MEATS  CHIPPED POTATOES WHOLEMEAL BREAD	CHEESE OR COLD MEATS  PASTA SPIRALS WHOLEMEAL BREAD	CHEESE OR COLD MEATS  OVEN ROAST POTATOES BOILED POTATOES	CHEESE OR COLD MEATS  BOILED RICE GARLIC BREAD	CHEESE OR COLD MEATS  CREAMED POTATOES WHOLEMEAL BREAD
<b>VEGETABLES</b>	MIXED SALAD  PEA & CORN MIX	FRESH CAULIFLOWER  SAUTED COURGETTES  GRAVY	FRESH CARROTS  FRESH RED CABBAGE  GRAVY	PRAWN CRACKERS  MIXED SALAD SELECTION	FRIED GREEN BEANS  SWEETCORN  GRAVY
<b>DESSERT</b>	PEACH SPONGE WITH CUSTARD  FLAPJACKS  FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH APPLE & PEAR CRUMBLE WITH CUSTARD  STRAWBERRY DELIGHT  FRESH FRUIT SELECTION LOW FAT YOGHURTS	SULTANA COOKIE & GLASS OF MILK  FRESH PINEAPPLE SLICES  FRESH FRUIT SELECTION LOW FAT YOGHURTS	LEMON SPONGE WITH CUSTARD  FRUIT CHEESECAKE  FRESH FRUIT SELECTION LOW FAT YOGHURTS	ICED BAKEWELL TART  HOME MADE FRESH FRUIT WEDGES  FRESH FRUIT SELECTION LOW FAT YOGHURTS

# PRINCE RUPERT SCHOOL LUNCH MENU.

**28/11/2011**

ROTA 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	BEEF MADRAS CURRY	HOME MADE CHICKEN & HAM PIE	ROAST LAMB WITH ROSEMARY	SPAGHETTI BOLOGNAISE	BEEF BURGER WITH SESAME BAP
	CHICKEN CHOW MEIN	BRAISED SAUSAGES IN ONION GRAVY	CHEESE & BACON QUICHE	BBQ PORK SLICE	STEAMED FISH WITH LEMON WEDGES
VEGETARIAN	SWEET & SOUR QUORN	BEANY FILLED POTATO JACKETS	TOMATO & SWEETCORN QUICHE	SPAGHETTI WITH FRESH TOMATO SAUCE	VEGETABLE NUGGETS WITH CURRY SAUCE
SALAD BAR	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS	CHEESE OR COLD MEATS
	BOILED RICE NANN BREAD	BOILED POTATOES JACKET POTATOES	CREAMED POTATOES WHOLEMEAL BREAD	OVEN BAKED WEDGES GARLIC BREAD	CHIPPED POTATOES WHOLEMEAL BREAD
VEGETABLES	POP-A-DUMS OR PRAWN CRACKERS & SIDE DISHES	FRESH BROCOLLI	WHOLE GREEN BEANS	GOLDEN SWEETCORN	BAKED BEANS
	MIXED SALAD	GRILLED TOMATOES	FRESH CARROTS	TOSSED SALAD	GRILLED MUSHROOMS
DESSERT	COCONUT SPONGE WITH CUSTARD	KRACHOLATES	FRUITY FLAPJACK WITH GLASS OF MILK	GOOEY CHOCOLATE PUDDING CHOCOLATE SAUCE	VICTORIA SANDWICH
	FRESH PLUM CAKE	BAKED APPLE FILLED WITH SULTANA'S	ORANGE JELLY WITH FRESH CREAM	CHEESE & CRACKERS	FRESH FRUIT SALAD WITH SHORTBREAD
	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS	FRESH FRUIT SELECTION LOW FAT YOGHURTS