

# Nutritious and Delicious

Lunch menu from Warwickshire  
County Caterers

Stick me on  
your fridge with  
a magnet then  
you'll always  
know what's on  
the menu.



Your views and ideas are always welcome,  
please contact us via email: [countycaterers@warwickshire.gov.uk](mailto:countycaterers@warwickshire.gov.uk)

For more information on school meals go to  
[www.warwickshire.gov.uk/schoolmeals](http://www.warwickshire.gov.uk/schoolmeals)  
For information on free school meals telephone 01926 742060

- Every main course is served with a choice of potatoes, pasta, rice or bread, vegetables or salad and a drink.
- Wholemeal bread and chilled water are available unlimited throughout lunch.
- Fresh fruits and vegetables used are subject to seasonal variation.
- Halal alternatives are available in selected schools as appropriate - contact your child's school for more information.

(V) Vegetarian Meal – A vegetarian choice is not available everyday. If your child requires vegetarian meals please notify the cook at your child's school.

	Week One	Week Two	Week Three
	Commencing: 14/11/11, 05/12/11, 16/01/12, 06/02/12, 27/02/12, 19/03/12, 30/04/12	Commencing: 21/11/11, 12/12/11, 02/01/12, 23/01/12, 05/03/12, 26/03/12, 16/04/12, 07/05/12	Commencing: 28/11/11, 09/01/12, 30/01/12, 20/02/12, 12/03/12, 23/04/12, 14/05/12
Monday	<ul style="list-style-type: none"> <li>Welsh Lamb Grill in a Bun</li> <li>(V) Chick Pea and Potato Curry</li> <li>Muller Yoghurt or Frozen Yoghurt</li> <li>Sultana Shortcake with Custard</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Korma</li> <li>Fish Crunchy with Tomato Ketchup</li> <li>(V only) Quorn Korma</li> <li>Cheese and Crackers</li> <li>Scotch Apple Charlotte with Custard</li> </ul>	<ul style="list-style-type: none"> <li>Organic Beef Meatballs in Tomato Sauce or Gravy</li> <li>(V) Cheesy Leek and Potato Pie</li> <li>American Pancake with Chocolate Sauce</li> <li>Cheese, Crackers and Apple Wedge</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>(V) Cheese and Tomato Pizza</li> <li>Chicken Pie with Gravy</li> <li>Fruit Salad</li> <li>Flapjack</li> </ul>	<ul style="list-style-type: none"> <li>British Pork Sausages with Tomato Ketchup</li> <li>(V) Cheesy Pasta Bake with Crispy Potato Top</li> <li>Jammy Bun</li> <li>Fresh Fruit Wedges</li> </ul>	<ul style="list-style-type: none"> <li>Fish Fillet Fingers</li> <li>Sweet and Sour Chicken</li> <li>(V only) Sweet and Sour Quorn</li> <li>Raspberry Iced Apple Bun</li> <li>Rice Pudding</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>Sliced Pork in Gravy with Apple Sauce</li> <li>(V) Broccoli and Tomato Cheesy Pasta</li> <li>Sticky Ginger Cake with Custard</li> <li>Fresh Fruit Wedges</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Fillet in Gravy</li> <li>(V) Frittata Omelette</li> <li>Chocolate Treacle Sponge with Chocolate Sauce</li> <li>Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Deli Wrap</li> <li>(V) Tomato Fusilli</li> <li>Chocolate Oatcake</li> <li>Fresh Fruit Wedges</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>Honey Roasted Gammon</li> <li>(V) Cheesy Omelette</li> <li>Fruity Jelly</li> <li>Crunchy Oat Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Organic Beef Spaghetti Bolognese</li> <li>(V) Jacket Potato with Cheese</li> <li>Muller Yoghurt or Frozen Yoghurt</li> <li>Luscious Lemon Whoopie Pie</li> </ul>	<ul style="list-style-type: none"> <li>British Pork Loin Steak in Gravy</li> <li>(V) Pizza Margherita</li> <li>Oaty Apple Crumble with Custard</li> <li>Muller Yoghurt or Frozen Yoghurt</li> </ul>
Friday	<ul style="list-style-type: none"> <li>Salmon Fillet Nibbles with Tomato Ketchup</li> <li>(V) Quorn Pasta Bake</li> <li>Banana Muffin with Custard</li> <li>Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Breaded Haddock Fillet</li> <li>(V) Quorn Sausages in Gravy</li> <li>Chocolate Cracknell with Peppermint Sauce</li> <li>Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Salt and Vinegar Battered Fish with Tomato Ketchup</li> <li>(V) Cheese and Sweetcorn Flan</li> <li>Ice Cream Tub</li> <li>Fruity Bread</li> </ul>

Raisin and pumpkin seed pots are served daily as a third choice of dessert.