

This is a sample menu, typical of a 6 week cycle.

| Sandwich Technology School MENU | Healthy Monday | Healthy Tuesday | Healthy Wednesday | Healthy Thursday | Healthy Friday |
|---------------------------------------|--|---|--|---|--|
| Week 1 | <p>Lamb Hot-pot Sliced Carrots Green Beans</p> <p>Cumberland sausage Creamed Potatoes B-B-Q Beans</p> <p>Pink Salmon & Chick Pea Salad</p> <p>Apple & Pear Crumble Custard Fresh Fruit</p> | <p>Beef Madras Rice Naan Bread</p> <p>Gammon Steak Pineapple Lyonnaise Potatoes Grilled Tomato Mushrooms</p> <p>Baked Potato & Tuna Mayo Coleslaw</p> <p>Bread & Butter Pudding</p> | <p>Sweet & Sour Chicken Oriental Style Vegetables Chinese Noodles</p> <p>Mushroom Stroganoff Roasted Red Peppers</p> <p>Bannoffee Pie Low Fat Cream</p> | <p>Roast Beef Topside Yorkshire Pudding Gravy</p> <p>Roast / New Potatoes Baton Carrots Broccoli / Cauliflower</p> <p>Cheese & Egg Flan Mixed Salad</p> <p>Strawberry Cheese Cake Fresh Fruit</p> | <p>Battered Cod Fillet Peas / Tomatoes Chips</p> <p>Poached Salmon & Asparagus New Potatoes Mixed Leaf Salad</p> <p>Baked Potato Mixed Cheese</p> <p>Steamed Chocolate Pudding & Chocolate Sauce</p> |
| Week 2 | <p>Cottage Pie Gravy Mixed Seasonal Vegetables</p> <p>Tomato & Roasted Pepper Quiche New Potatoes Coleslaw</p> <p>Fisherman's Pie</p> <p>Treacle Sponge Custard</p> | <p>Poached Chicken Breast & Smoked Bacon Sauté Potatoes Green Beans Baby Corn Cobs</p> <p>Vegetable Goulash</p> <p>Rhubarb Crumble Low Fat Cream</p> | <p>Rib-Eye Steak Pepper & Mushroom Sauce Duchess Potatoes Broccoli</p> <p>Vegetable & Tomato Pasta Mixed Salad</p> <p>Bread & Butter Pudding Fresh Fruit Salad</p> | <p>Roast Leg Lamb Mint Gravy Roast/New Potatoes Sliced Carrots Cabbage Creamed Swede</p> <p>Vegetable & Chilli Hot- Pot Garlic Bread</p> <p>Baked Brambly Apple Custard Fresh Fruit Salad</p> | <p>Breaded Plaice Fillet Green Beans Tomatoes Chips</p> <p>Grilled Salmon Dill & Butter Sauce Peas New Potatoes</p> <p>Mandarin & Chocolate Sponge Ice-cream Fresh Fruit Salad</p> |

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| Week 3 | Grilled Pork Chop Peas Sliced Carrot Creamed Potato Salmon & Spinach Pasta Bread & Butter Pudding Fresh Fruit Salad | Chilli-Con Carni Rice Mushroom Curry Cheese & Broccoli Quiche Mixed Salad Bake well Tart Custard Fresh Fruit Salad | Ham & Broccoli Pie New potatoes Country Vegetables Stuffed Red Peppers Pear Conde Fresh Fruit Salad | Roast Chicken Stuffing / Gravy Roast Potatoes Parsnip & Potato Mash Green Beans Cauliflower Cheese Pineapple Upside Down Sponge Vanilla Sauce Fresh Fruit Salad | Battered Haddock Chips Chips Peas Tomatoes Fisherman's Pie Mixed Vegetables New Potatoes Apple Chocolate Sponge / Sauce Fresh Fruit Salad |
| Week 4 | Beef & Mushroom Pie Garlic Potatoes Cabbage Swede & Carrot Creamed Pizza Selection Mixed Salad/Coleslaw Sultana & Ginger Sponge Custard Fresh Fruit Salad | Chicken Korma Rice & Naan Bread Vegetable Cannelloni Green Beans Garlic Bread Salmon & Spinach Flan Fruit Cheese Cake Fresh Fruit Salad | Spaghetti Bolognaise Cumberland Sausage Creamed Potato Baked Beans Stir Fried Chinese Vegetables Ho Sin Sauce Cherry Pie & Custard Fresh Fruit Salad | Roast Leg Pork Apple Sauce & Gravy Roast / New Potatoes Baton Carrots Brussels Sprouts / Parsnips Mushroom Curry & Rice Bread & Butter Pudding & Cream Fresh Fruit Salad | Breaded Cod Chips Peas Tomatoes Poached Salmon & Spinach Green Beans New Potatoes Vegetable Goulash Chocolate Sponge & Ice- cream Fresh Fruit Salad |

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| Week 5 | Lamb Stew Herby Dumplings Boiled Potatoes / Peas Cauliflower Cod in Parsley Sauce Banana pie Vanilla Sauce Fresh Fruit Salad | B-B-Q Chicken Croquette Potatoes Green Beans Sweet corn Vegetable Lasagne Mixed Salad Gooseberry Crumble Custard Fresh Fruit Salad | Cheese & Bacon Quiche New Potatoes Grated Carrot / Mixed Salad Vegetable Chop Suey Rice Jam & Coconut Sponge Ice-Cream Fresh Fruit Salad | Honey Roast Gammon Pineapple & Gravy Roast / New Potatoes Sliced Carrots Cabbage / Broccoli Potato & Cheese Bake Apple Pie & Custard Fresh Fruit Salad | Battered Haddock Peas / Tomatoes Chips Grilled Salmon Chick Pea Salad New Potatoes Chocolate Sponge & Cream Fresh Fruit Salad |
| Week 6 | Braised Steak Creamed Potato Baton Carrot Cauliflower Root Vegetable & Cheese Hot-Pot Blueberry Muffin & Ice-cream Fresh Fruit Salad | Lamb & Apricot Curry (med) Rice/ Naan Bread Tuna& Egg Quiche Mixed Salad Coleslaw Sauté Potatoes Apple & Blackberry Pie Custard Fresh Fruit Salad | Sauté Chicken Breast Wrapped in Smoked Bacon Mushroom Sauce Sliced Carrots Sweet corn New Potatoes Vegetable Paella Peaches & Ice-Cream Fresh Fruit Salad | Roast Leg Lamb Mint Gravy Roast / New Potatoes Cabbage / Parsnips Cauliflower Vegetable Lasagne Garlic Bread / Mixed Salad Sultana Sponge & Custard Fresh Fruit Salad | Grilled Plaice Herb Tomato Topping Peas / Tomatoes Chips Poached Salmon Dill & Lemon Sauce Duchess Potatoes Chocolate Sponge & Cream Fresh Fruit Salad |