



Mulberry Primary School - Spring 2011 Cycle, Week 1 Menu



Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Main Dish
Choice 1

Beef Bolognese
Pasta Shells
Mixed Vegetables

Roast Chicken Thigh & Gravy
Roast Potatoes
Peas

Beef Burger
Chips and Baked Beans
Carrot Roundale

Chicken & Pot Curry
Steamed Rice
Broccoli

Tuna Pasta Bake
Sweet Corn & Carrot batons
Tomato Sauce

Main Dish
Choice 2

Veggie Bolognese
Pasta Shells
Mixed Vegetables

Vegetable Samosa & Gravy
Roast Potatoes
Peas

Vegeburger
Chips and Baked Beans
Carrot Roundale

Potato and Lentil Curry
Steamed Rice
Broccoli

Lamb Patties
Sweet Corn & Carrot batons
Tomato Sauce

Organic Bread

Organic Bread

Organic Bread

Organic Bread

Organic Bread

Salad/
Veg
Choices

Beetroot salad
Tomato & Basil Salad

Greek Salad
Sweetcorn & Pepper salad

Olive and Tomato Salad
Mixed Green Salad

Coleslaw
Mixed Salad

Celery, Apple & Rasin Salad
Mixed Salad

Dessert
Choice 1

Cherry Crumble
Chocolate Sauce

Fresh Fruit Salad

Chocolate Sponge

Ice Cream
Fruit Cocktail

Yogurt and
Homemade Biscuit

Dessert
Choice 2

Organic Yogurt

Yogurt

Organic Yogurt

Yogurt

Assorted Fresh Fruit

Assorted Fresh Fruit

Assorted Fresh Fruit

Assorted Fresh Fruit

Assorted Fresh Fruit

Week Commencing:

2-Jan-11

24-Jan-11

14-Feb-11

7-Mar-11



Mulberry Primary School - Spring 2011 Cycle, Week 2 Menu



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish Choice 1	Chicken or Tuna Pizza Spring Greens Chips	Caribbean Chicken Rice and Peas Mixed Vegetables	Beef Stew Boiled Potatoes Fresh Roasted Root Veg	Spicy Chicken Wings Savoury Cous cous Carrot and Sweetcorn	Salmon Goujons / lemon Oven Baked Spicy Jacket Wedges Tomato Sauce
Main Dish Choice 2	Vegetarian Pizza Spring Greens Chips	Vegetable Stir Fry Plain Rice Mixed Vegetables	Sweet Potato & Lentil Bake Boiled Potatoes Fresh Roasted Root Veg	Macaroni Cheese Carrot and Sweetcorn	Vegetable Samosa Oven Baked Spicy Jacket Wedges
	Organic Bread	Organic Bread	Garlic Bread	Organic Bread	Organic Bread
Salad/ Veg Choices	Coleslaw Tomato and Basil Salad	Mixed Green Salad Cinnamon Roasted Butternut Squash	Grated Beetroot & Carrots Chopped Cucumber in Yoghurt	Tossed Mixed Salad Crudités	Carrot and Raisins Coleslaw
Dessert Choice 1	Rice Pudding	Banana cake Custard	Fresh Fruit Salad	Jelly Fruit Fresh Cream	Steam pineapple up side down pudding Custard
Dessert Choice 2	Organic Yoghurt	Yoghurt	Organic Yoghurt	Organic Yoghurt	Organic Yoghurt
	Assorted Fresh Fruits	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Week Commencing:.		10-Jan-11	31-Jan-11	21-Feb-11	14-Mar-11



Mulberry Primary School - Spring 2011 Cycle, Week 3 Menu



Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish Choice 1	Savoury Mince beef Mash potatoes Broccoli	Turkey Stir Fry Noodles Mixed Vegetables	Roast Beef or Lamb Roast herb Potatoes Green Beans Fresh Baton Carrots	Nigerian Lamb Stew Jollof Rice Spinach	Fish Fingers/ lemon Spicy Potato Wedges Peas and Sweetcorn
Main Dish Choice 2	Soya Mince Savoury Mash potatoes Broccoli	Quiche Garlic Bread Mixed Vegetables	Courgette & Leek Lasagne Roast herb Potatoes Broccoli Fresh Baton Carrots	Vegetable Chilli Jollof Rice Spinach	Macaroni cheese Spicy Potato Wedges Peas and Sweetcorn
	Organic Bread	Organic Bread	Organic Bread	Organic Bread	Organic Bread
Salad/ Veg Choices	Coleslaw Mixed Salad	Rainbow Coleslaw Beetroot & Basil Salad	Celeriac & Apple Salad Mixed Salad	Sweetcorn and Red Pepper Warm Salad Crudités	Pasta Salad Cucumber & Tomatoes
Dessert Choice 1	Apple crumble Custard	Chocolate Chip Sponge Custard	Mixed Fresh Fruit Salad	Carrot Cake with icing & grated carrot on top	Fruit Yoghurt & peaches Furit Puree
Dessert Choice 2	Organic Yogurt	Yogurt	Organic Yogurt	Yoghurt	
	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Week Commencing:.		17-Jan-11	7-Feb-11	28-Feb-11	21-Mar-11