

Weekly Menu Cycle 1

25th April • 16th May • 13th June • 4th July 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta Day; Tomato Sauce Carbonara Sauce Quorn Bolognese • Ciabatta Bread Mixed Salad Green Beans and Garlic Courgettes • Apricot Flapjack Cheese and Grapes Fresh Fruit Pots or Piece of Fresh Fruit	Glazed Steak Pie Cauliflower and Broccoli Bake • New Potatoes Mixed Salad Shredded Cabbage • Banana Loaf Fruit Salad Fresh Fruit Pots or Piece of Fresh Fruit	Roast Chicken and Stuffing Roasted Quorn Fillet • Roast Potatoes Mixed Salad Carrots • Cherry Cheesecake Melon Slices Fresh Fruit Pots or Piece of Fresh Fruit	Beef Lasagne Jacket Potato with Beans and Cheese • Garlic Bread Mixed Salad Sweetcorn • Fruit Jelly Apple Crunch and Cream Fresh Fruit Pots or Piece of Fresh Fruit	Fish Fingers and Homemade Tomato Sauce Sweet Pepper Tart • Chunky Chips Mixed Salad Peas • Chocolate Orange Cake and Chocolate Sauce Fruit Yoghurts Fresh Fruit Pots or Piece of Fresh Fruit

Weekly Menu Cycle 2

2nd May • 23rd May • 20th June • 11th July 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Sausages and Onion Gravy Cannelloni Verdi • Potato Wedges Mixed Salad Sweetcorn and Peas • Raspberry Sponge and Evaporated Milk Cheese and Biscuits Fresh Fruit Pots or Piece of Fresh Fruit	Turkey & Ham Lattice Vegetable Samosas • Pasta Salad Mixed Salad Beetroot Salad New Potatoes • Syrup Cornflake Cakes Fromage Frais Fresh Fruit Pots or Piece of Fresh Fruit	Roast Beef and Baby Yorkies Vegetable Enchiladas • Roast Potatoes Mixed Salad Broccoli • Iced Bun Mixed Fruit Meringues Fresh Fruit Pots or Piece of Fresh Fruit	Cheesy Baked Chicken Pasta Quorn Cottage Pie • Sundried Tomato Bread Mixed Salad Carrots and Roasted Peppers • Milk Shakes Apple Danish Fresh Fruit Pots or Piece of Fresh Fruit	Pizza Selection Vegetarian Sausages • Chunky Chips Mixed Salad Baked Beans • Ice Cream Tubs Strawberries and Cream Fresh Fruit Pots or Piece of Fresh Fruit

Boiled potatoes available as an alternative to chips, wedges or roast potatoes.
 Freshly baked homemade bread and fresh fruit available daily.

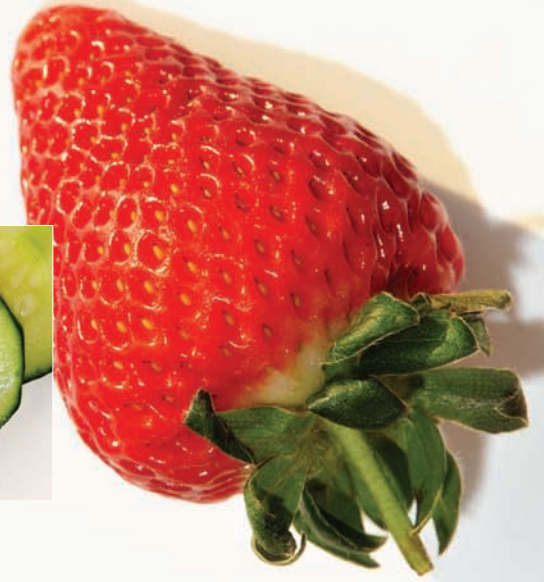
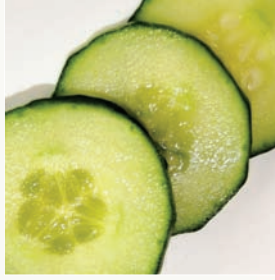
Weekly Menu Cycle 3

9th May • 6th June • 27th June • 18th July 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baguette Day; Tuna and Cucumber Cheese and Tomato Ham • New Potatoes Mixed Salad Coleslaw • Banoffee Pie Cheese and Grapes Fresh Fruit Pots or Piece of Fresh Fruit	Chicken Steak Summer Vegetable Pasta Bake • Oven Baked Herby Wedges Mixed Salad Ratatouille • Victoria Sponge Banana Fresh Fruit Pots or Piece of Fresh Fruit	Roast Pork and Apple Sauce Quorn and Vegetable Stir Fry • Cauliflower and Broccoli Mixed Salad Roast Potatoes • Raspberry Trifle Grape Pots Fresh Fruit Pots or Piece of Fresh Fruit	Thai Beef Curry Macaroni Cheese • Brown Rice Mixed Salad Summer Vegetable Medley • Shortcake and Vanilla Sauce Pineapple Chunks Fresh Fruit Pots or Piece of Fresh Fruit	Battered Fish Savoury Spinach Whirl • Chunky Chips Mixed Salad Peas • Bread and Butter Puddings Oat Cookies Fresh Fruit Pots or Piece of Fresh Fruit

Weekly Menu

Summer 2011



Aid to Learning

Recent research has shown that a good, healthy meal at lunchtime can help improve pupils attention and response during afternoon lessons.

A Well-Balanced Diet

We passionately believe that every child deserves a healthy, well-balanced diet. *A freshly prepared meal at school goes a long way to achieving this.*

THE CONTRACT DINING COMPANY

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The Contract Dining Company's menus have been prepared in compliance with School Food Trust Nutrient Standards.

Local foods mean less food miles. We aim to make the most of local produce, and use Kentish companies for our meat and seasonal fruit and vegetables. Menus change in line with the seasons, offering an autumn, spring and summer menu.

Seasonal Local Foods

Each day there is a choice of two hot homemade dishes, of which one is vegetarian. All menus are well balanced with protein, carbohydrate, vegetables and salad followed by a choice of homemade desserts.

Healthy Choices

Our menus are based on fresh foods that use less fat, less salt and less sugar. We encourage increased fibre in the child's diet and operate a nut free policy.

Freshly Prepared

Your Child's Meal