

YOUNG

# ENCOUNTERS 205

# Weekly Menu

## WEEK 1

05/01/09, 09/02/09,  
30/03/09, 18/05/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jumbo Fish Finger Fillets	Lasagne	Beef Casserole and 4" Yorkshire Pudding	Roast Loin of Pork with Apple Sauce and Stuffing	Home Made Pork Burger
Stromboli	Roasted Vegetable Ratatouille	New Veggie Bake	Vegetarian Korma and Rice	Quorn Burger
Chocolate and Pear Sponge with Chocolate Sauce	Raspberry Ripple Cheesecake	Rice Pudding and Fruit Cocktail	Peach Crumble and Custard	Strawberry Angel Delight with Strawberries

## WEEK 2

12/01/09, 23/02/09,  
20/04/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza	Salmon Fish Fingers	Meat and Potato Pie	Roast Chicken Fillet and Stuffing Ball	Pork Loin Chop
Vegetable Fritata	Pasta and Tomato Sauce	Quorn Sausage	Vegetable Tagine and Pilau Rice	Cheese and Potato Pie
Iced Orange Sorbet and Chocolate Cookie and Orange Wedge	Marble Fruit Sponge and Raspberry Sauce	Ground Rice and Peaches or Sultanas	Giant Blueberry Fruit Muffin	Jelly Fruit and Oat Biscuit

## WEEK 3

19/01/09, 02/03/09,  
27/04/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish in Breadcrumbs	Chicken Casserole and Dumplings	Roast Lamb and Mint Sauce	Bacon Chop and Pineapple	Chicken Fillet in a Mild Curry Sauce and Pilau Rice
Fish Fingers in a Bread Bun	Pasta and Sauce	New Veggie Bake	Vegetarian Spaghetti	Vegetarian Meatballs with Tomato Sauce on a bed of Rice
Fresh Orange Sponge and Chocolate Sauce	Rice Pudding and Fruit Cocktail	Apple Sponge and Custard	Jam Roly Poly and Custard	Fruit Flapjack

## WEEK 4

26/01/09, 09/03/09,  
04/05/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jumbo Fish Finger Fillets	Beef Casserole and Yorkshire Pudding	Pork Sausages	Roast Turkey and Stuffing Ball	Meatballs in Tomato Sauce on a bed of Pasta
Quorn Sausage	Cheese and Tomato Pizza	Shepherdess Pie	Vegetarian Chilli and Rice	Macaroni Cheese
Cherry or Pineapple Shortcake and Custard	Jelly, Fruit and Ice Cream	Black Forest Chocolate Sponge and Chocolate Sauce	Lemon Shortcake and Custard	Iced Orange Sorbet and Chocolate Cookie and Orange Wedge

## WEEK 5

02/02/09, 16/03/09,  
11/05/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese and Tomato Pizza	Fillet of Salmon in Crumb	Pork Loin Chop	Roast Chicken Fillet and Stuffing Ball	Spaghetti Bolognese
Quiche	Quorn Curry and Rice	Quorn Sausage Casserole	Vegetarian Lasagne	Quorn Burger in a Bread Bun
Artic Roll and Fruit Wedge	Iced Sponge and Chocolate Sauce	Apple Pie and Custard	Carrot Cake and Custard	Peaches and Ice Cream

**Available daily:** Seasonal vegetables & potatoes to accompany the traditional or vegetarian option. Tasty filled jacket potatoes with hot or cold popular fillings. Healthy deli counter with freshly made sandwiches on a variety of breads, wraps & pasta pots. Fresh fruit, Yoghurts, Home baking as alternatives to the main dessert. Salad Bars encouraging pupils to consume healthy fruit, vegetables & salad ingredients