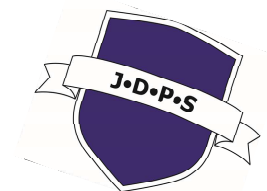


Summer Menu

John Donne School 2016

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Italian Beef Pasta Bake	Spicy Marinated BBQ Chicken	Prawn, Lemongrass and Coriander Curry	Vegetarian Pizza	Oven Baked Fish Fillet
Main Vegetarian Dish	Portuguese Vegetable Stew	Vegetable & Chickpea Balti	Macaroni in Three Cheese Sauce	Jacket Potato with Baked Beans & Cheese	Quiche of the Week
Starchy Dish	Creamed Potatoes	Steamed Rice	Special Fried Rice		Hash Browns
Vegetable	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Salad	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad
Dessert	Vanilla Ice Cream Pots with Fruit Purée	Fruit Salad	Chocolate Pastries	Coconut & Raspberry Sponge with Mint Custard	Cheese & Biscuits
Fruit	Fruit Selection or Cheese & Biscuits or Fruit Yoghurt	Fruit Selection or Cheese & Biscuits or Fruit Yoghurt	Fruit Selection or Fruit Yoghurt	Cheese & Biscuits or Fruit Yoghurt	Fruit Yoghurt
Drink	Water	Water	Water	Water	Water