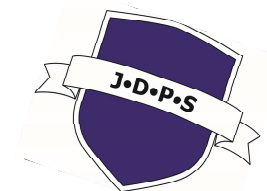


Summer Menu

John Donne School 2016

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Steak & Wild Mushroom Pie	Marinated Salmon Fillet	Lasagne	Tandoori Chicken Curry	Fish & Chips with Home-made Tartare Sauce
Main Vegetarian Dish	Spanish Omelette	Jacket Potato with Cheesy Beans or Tuna & Sweet Corn	Vegetable Biryani	Macaroni In Three Cheese Sauce	Quiche of the Week
Starchy Dish	Sauté Potato	Spicy Rice	Garlic Bread	Steamed Long Grain Rice	Chips or Minted New Potatoes
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	Summer Fruit Crumble with Custard	Watermelon Slices	Fruit Jelly	Yoghurt
Fruit	Fruit Selection or Cheese & Biscuits or Fruit Yoghurt	Fruit Selection or Cheese & Biscuits or Fruit Yoghurt	Fruit Selection or Cheese & Biscuits or Fruit Yoghurt	Fruit Selection or Fruit Yoghurt	Fruit Selection or Cheese & Biscuits
Drink	Water	Water	Water	Water	Water