

AKS Lytham

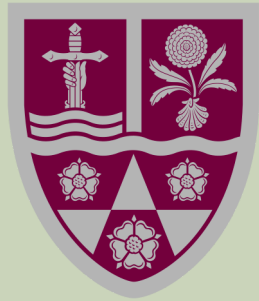
M E N U

Week 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF OR VEGE MEATBALLS WITH A PLUM TOMATO SAUCE	CHICKEN OR QUORN TIKKA CURRY	ROAST CHICKEN OR VEGGIE SAUSAGE	BEEF OR QUORN COTTAGE PIE	BREADED BAKED FISH FINGERS OR VEGAN DIPPERS
Fresh pasta Garlic bread Sweetcorn Garden peas	Basmati rice Naan bread Green beans Carrots	Yorkshire pudding Roast potatoes Brocolli Carrots Gravy	Mash potato Cauliflower Sweetcorn	Fries Baked beans Mushy peas
BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads	BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads	BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads	BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads	BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads
Selection of yoghurts & jellies Fresh pineapple pot	Selection of yoghurts & jellies Watermelon & mint	Selection of yoghurts & jellies Mixed melon pot	Selection of yoghurts & jellies Mixed berry pot	Selection of yoghurts & jellies Mixed berry pot

SALAD BAR
Daily changing choice of mixed salads featuring nutritious pulses & vegetables with
choice of dressings & accompaniments



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M E N U

Week 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOTDOGS OR VEGGIE HOTDOGS Diced potatoes Baked beans Sweetcorn BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Fresh pineapple pot	ROAST CHICKEN OR QUORN PITTAS Roast new potatoes Roasted courgette, aubergine & peppers BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Watermelon & mint	ROAST GAMMON OR VEGGIE SAUSAGE Yorkshire pudding Roast potatoes Broccoli Cauliflower Gravy BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Mixed melon pot	LASAGNE OR VEGE LASAGNE Steamed potatoes Garlic bread slice Baton veggies BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Mixed berry pot	BREADED BAKED FISH FINGERS OR VEGAN DIPPERS Fries Baked beans Mushy peas BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Mixed berry pot
SALAD BAR Daily changing choice of mixed salads & cut vegetables with choice of dressings & accompaniments		DELI SANDWICH BAR Selection of sandwiches on various breads with choice of meat, fish & vegetarian fillings served with a bag of crisps		