

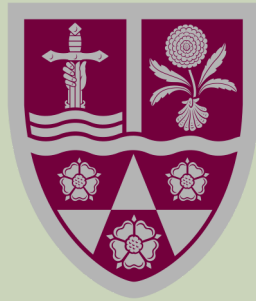
AKS Lytham

M E N U

Week 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUSCAN BEAN SOUP Homemade bread, toasted seeds, crispy onions & croutons CHICKEN BURGER OR VEGE BURGER Salad stack Sweetcorn Baked beans Potato wedges BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Fresh pineapple pot	MUSHROOM SOUP Homemade bread, toasted seeds, crispy onions & croutons BEEF & ROOT VEGETABLE RAGU OR LENTIL RAGU WITH PENNE PASTA Garlic bread Fresh peas Broccoli BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Watermelon & mint	PARSNIP SOUP Homemade bread, toasted seeds, crispy onions & croutons ROAST BREAST OF CHICKEN OR VEGGIE CRUMBLE Yorkshire pudding Roast potatoes Sage & onion stuffing Sliced carrots Green beans Gravy BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Mixed melon pot	CREAMY VEGETABLE SOUP Homemade bread, toasted seeds, crispy onions & croutons SOY CHICKEN OR TOFU Steamed rice Prawn crackers Cucumber sticks Carrot sticks BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Mixed berry pot	TOMATO & BASIL SOUP Homemade bread, toasted seeds, crispy onions & croutons BREADED FISH FINGERS OR QUORN FISHLESS FINGERS 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 featuring nutritious pulses & 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		



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Week 2



MONDAY

LEEK & POTATO SOUP

Homemade bread,
toasted seeds, crispy
onions & croutons

BEEF OR QUORN COTTAGE PIE

Creamed potatoes
Carrot & swede
Gravy

BAKED POTATOES

Plain or spiced jacket
potatoes with baked
beans, cheese & choice
of salads

Selection of yoghurts
& jellies
Fresh pineapple pot

TUESDAY

MINESTRONE SOUP

Homemade bread,
toasted seeds, crispy
onions & croutons

MAC & CHEESE

with roast chicken or
Quorn pieces in a
tomato & root
vegetable sauce

sweetcorn

BAKED POTATOES

Plain or spiced jacket
potatoes with baked
beans, cheese & choice
of salads

Selection of yoghurts
& jellies
Watermelon & mint

WEDNESDAY

CARROT & CORIANDER SOUP

Homemade bread,
toasted seeds, crispy
onions & croutons

ROAST PORK LOIN OR VEGGIE COTTAGE PIE

Yorkshire pudding
Roast potatoes
Broccoli
Sliced carrots
Gravy

BAKED POTATOES

Plain or spiced jacket
potatoes with baked
beans, cheese & choice
of salads

Selection of yoghurts
& jellies
Mixed melon pot

THURSDAY

TOMATO, COURGETTE & PESTO SOUP

Homemade bread, toasted
seeds, crispy onions &
croutons

CHICKEN KORMA MASALA OR CHICKPEA & SPINACH CURRY

50/50 rice
Green beans & spinach

BAKED POTATOES

Plain or spiced jacket
potatoes with baked
beans, cheese & choice
of salads

Selection of yoghurts
& jellies
Mixed berry pot

FRIDAY

SWEETCORN CHOWDER SOUP

Homemade bread, toasted
seeds, crispy onions &
croutons

BREADED BAKED FISH OR CHEESE PASTRY BAKE

Fries
Baked beans
Mushy peas

BAKED POTATOES

Plain or spiced jacket
potatoes with baked
beans, cheese & choice
of salads

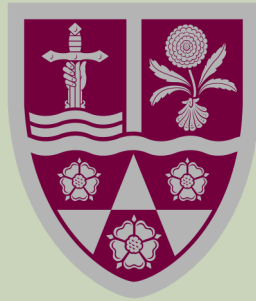
Selection of yoghurts
& jellies
Mixed berry pot

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



AKS Lytham

M E N U

Week 3



MONDAY

SWEET POTATO, LENTIL & COCONUT SOUP

Homemade bread,
toasted seeds, crispy
onions & croutons

BAKED BEEF OR VEGE MEATBALLS WITH GRAVY

Saute potatoes
Sliced carrots
Cauliflower cheese

BAKED POTATOES

Plain or spiced jacket
potatoes with baked
beans, cheese & choice
of salads

Selection of yoghurts
& jellies
Mixed berry pot

TUESDAY

BARLEY & VEGETABLE SOUP

Homemade bread,
toasted seeds, crispy
onions & croutons

WHOLEWHEAT BBQ CHICKEN OR VEGE PIZZA

Steamed carrots
New potatoes

BAKED POTATOES

Plain or spiced jacket
potatoes with baked
beans, cheese & choice
of salads

Selection of yoghurts
& jellies
Watermelon & mint

WEDNESDAY

BROCCOLI & STILTON SOUP

Homemade bread,
toasted seeds, crispy
onions & croutons

GLAZED GAMMON OR CHEDDAR VEGETABLE PIE

Yorkshire pudding
Roast potatoes
Broccoli
Garden peas
Gravy

BAKED POTATOES

Plain or spiced jacket
potatoes with baked
beans, cheese & choice
of salads

Selection of yoghurts
& jellies
Mixed melon pot

THURSDAY

BUTTERNUT SQUASH & SAGE SOUP

Homemade bread, toasted
seeds, crispy onions &
croutons

PORK OR VEGE SAUSAGE ROLL

Mashed potatoes
Steamed cabbage
Green beans
Gravy

BAKED POTATOES

Plain or spiced jacket
potatoes with baked
beans, cheese & choice
of salads

Selection of yoghurts
& jellies
Fresh pineapple pot

FRIDAY

PEA & WATERCRESS SOUP
Homemade bread, toasted
seeds, crispy onions &
croutons

CHICKEN OR VEGGIE DIPPERS

Fries
Baked beans
Mushy peas

BAKED POTATOES

Plain or spiced jacket
potatoes with baked
beans, cheese & choice
of salads

Selection of yoghurts
& jellies
Fresh pineapple 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