

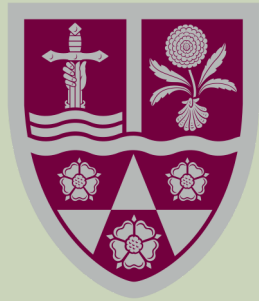
AKS Lytham

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 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 WHOLEWHEAT 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 50/50 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		



AKS Lytham

M E N U

Week 2



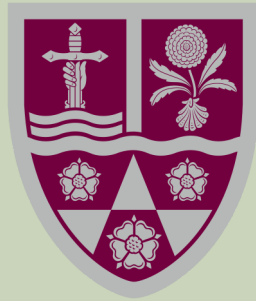
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEEK & POTATO SOUP Homemade bread, toasted seeds, crispy onions & croutons BEEF OR LENTIL VEGGIE COTTAGE PIE Creamed potatoes Carrot & swede Gravy BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Fresh pineapple pot	MINESTRONE SOUP Homemade bread, toasted seeds, crispy onions & croutons MAC & CHEESE with roast chicken or BBQ sweet potato wedges with a tomato & root vegetable sauce Courgettes sweetcorn BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Watermelon & mint	CARROT & CORIANDER SOUP Homemade bread, toasted seeds, crispy onions & croutons ROAST PORK LOIN OR QUORN ROAST 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	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	SWEETCORN CHOWDER SOUP Homemade bread, toasted seeds, crispy onions & croutons BREADED BAKED FISH OR BROCCOLI CHEESE 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEET POTATO, LENTIL & COCONUT SOUP Homemade bread, toasted seeds, crispy onions & croutons BAKED BEEF OR VEGE MEATBALLS WITH GRAVY 50/50 rice 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	BARLEY & VEGETABLE SOUP Homemade bread, toasted seeds, crispy onions & croutons WHOLEWHEAT BBQ CHICKEN OR VEGE PIZZA Steamed carrots Sweetcorn New potatoes BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Watermelon & mint	BROCCOLI & STILTON SOUP Homemade bread, toasted seeds, crispy onions & croutons GLAZED GAMMON OR QUORN SAUSAGES Yorkshire pudding Roast potatoes Broccoli Green beans Gravy BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Mixed melon pot	BUTTERNUT SQUASH & SAGE SOUP Homemade bread, toasted seeds, crispy onions & croutons SALMON & HADDOCK PIE OR LENTIL & BABY SPINACH FRITTATA Garden peas Sliced carrots BAKED POTATOES Plain or spiced jacket potatoes with baked beans, cheese & choice of salads Selection of yoghurts & jellies Fresh pineapple pot	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		