

Rupert House School LUNCH MENU – Jan 2008 2nd Half – LS/Hall/Gym/EG/PL/Kitchen/D. Room/Staff

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 th – 22 nd Feb	Tuna & Sweetcorn Bake Seasonal vegetables <hr/> Flapjack Fresh Fruit & Yoghurts	Classroom Lunch	Pasta Bolognese (Vegetarian Bolognese) Seasonal vegetables <hr/> Apple Strudel & Cream Fresh Fruit & Yoghurts	Shepherds Pie (Vegetarian Pie) Seasonal vegetables <hr/> Fresh Fruit & Yoghurts	Lemon Roasted Chicken (Vegetarian Rissoles) Sauté Potatoes Seasonal vegetables <hr/> Pears & Chocolate Sauce Yoghurts
25 th Feb – 29 th Feb	Cheese Puffs Crudités New Potatoes <hr/> Rice Pudding & Jam Fresh Fruit & Yoghurts	Hungarian Goulash (Vegetarian Goulash) Rice Seasonal vegetables <hr/> Orange ¼ & Biscuits Fresh Fruit & Yoghurts	Lasagne (Vegetarian Lasagne) Green Salad <hr/> Strawberry Smoothie Fresh Fruit & Yoghurts	Roast Turkey (Country Bakes) Roast Potatoes Seasonal vegetables <hr/> Peaches & Cream Fresh Fruit & Yoghurts	Sliced Ham (Vegetarian Nuggets) Jacket Potato Seasonal vegetables <hr/> Chocolate Kracknel Fresh Fruit & Yoghurts
3 rd – 7 th March	Tuna Vol-au-Vents Seasonal vegetables <hr/> Shortbread Fresh Fruit & Yoghurts	Sausages (Vegetarian Sausages) Seasonal vegetables <hr/> Jelly & Ice cream Fresh Fruit & Yoghurts	Cajun Chicken (Cherry Tom & Caramelised Onion Tart) Seasonal vegetables <hr/> Scones & Jam Fresh Fruit & Yoghurts	Roast Lamb & Mint Sauce (Vegetarian Grills) Roast Potatoes Seasonal vegetables <hr/> Bananas & Custard Fresh Fruit & Yoghurts	Meat & Potato Pie (Vegetarian Pie) Seasonal vegetables <hr/> Cheese & Biscuits Fresh Fruit & Yoghurts
10 th – 14 th March	Pizza Potato Salad Crudités <hr/> Fruit Crumble & Custard Fresh Fruit & Yoghurts	Chicken Casserole & Dumplings (Vegetarian Casserole) Seasonal vegetables <hr/> Yoghurts Fresh Fruit	Spicy Meatballs (Vegetarian meatballs) Spaghetti Neapolitan Seasonal vegetables <hr/> New Zealand Biscuits Fresh Fruit & Yoghurts	Gammon (Sweetcorn Fritters) Roast Potatoes Seasonal vegetables <hr/> Carrot Cake Fresh Fruit & Yoghurts	Classroom Lunch

17th - 19th March	Cheese & Potato Pie Crispy Bacon (Vegetarian Bake) Seasonal Vegetables <hr/> Cornish Ginger Biscuits Fresh Fruit & Yoghurts	Chicken Wraps (Vegetarian Wraps) Crudités <hr/> Steam Sponge & Custard Fresh Fruit & Yoghurts	End of Term 12.00 <hr/>	<hr/>	<hr/>
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