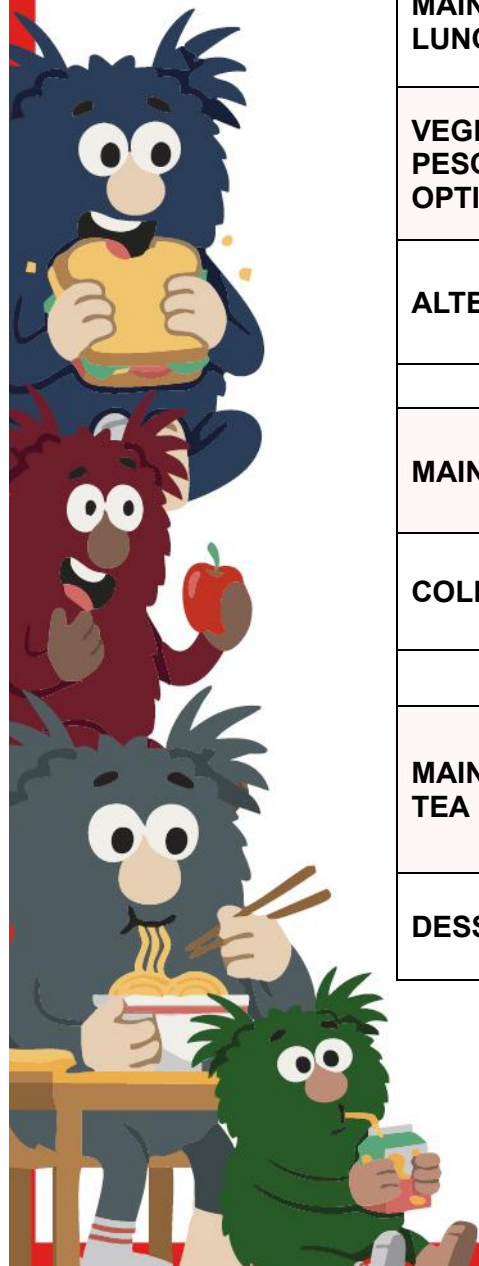




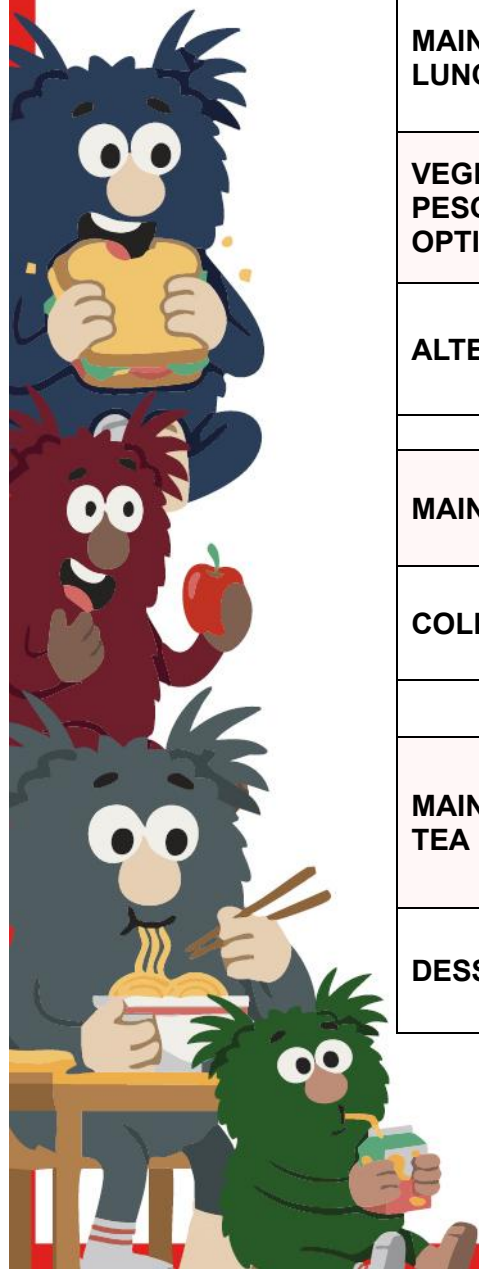
Ghyll Royd School
and Pre-School



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE - LUNCH	Chicken & chorizo lasagne	Beef chilli & rice	Chicken & bacon pasta	Roast gammon, potatoes, veg & Yorkshire pudding	Bacon / sausage bap & beans
VEGETARIAN / PESCATARIAN OPTION	Veggie curry & naan	Homemade cream of tomato soup & roll	Fish goujons, chips & peas	Veggie sausage toad in the hole & veg	Macaroni cheese & broccoli
ALTERNATIVE	Cheese / ham / tuna bap & corn on the cob	Jacket with cheese / beans	Omelette & salad	Tuna & cheese melt & salad	Jacket with bolognese
MAIN DESSERT	White chocolate & blueberry cheesecake	Jelly & ice cream	Jam & coconut sponge & custard	Cheese & biscuits	Chocolate & ginger cookies
COLD DESSERT	Fruit / Yogurt	Fruit / Yogurt	Fruit / Yogurt	Fruit / Yogurt	Fruit / Yogurt
MAIN COURSE - TEA	Crumpets, ham, cheese & salad	Hotdogs & beans	Homemade pizza wraps & veg sticks	Scrambled eggs, beans & toast	Assorted wraps & veg sticks
DESSERT	Yogurt	Chocolate roll	Strawberry mousse	Lemon cake	Yogurts



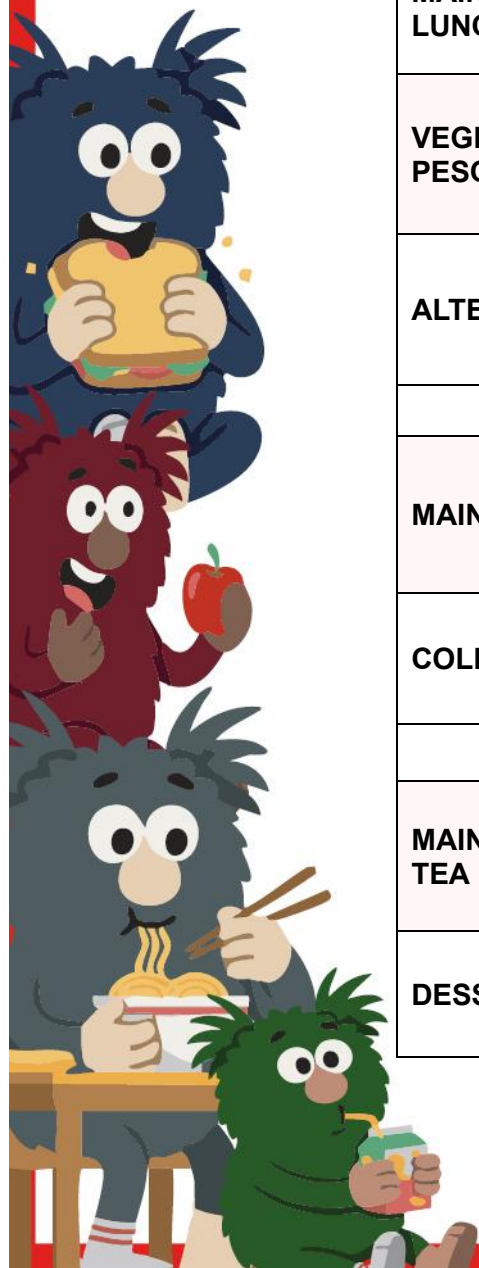
Ghyll Royd School
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WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE - LUNCH	Hunters chicken, rice and carrots	Cheesy meatball pasta	Sweet & sour pork, noodles & spring rolls	Lamb tagine & cous cous	Beef or chicken burger & beans
VEGETARIAN / PESCATARIAN OPTION	Cheese panini & chips	Fish finger sub & salad	Veggie lasagne & garlic bread	Veggie sausage roll, potatoes & cauliflower	Rice & bean burrito & salad
ALTERNATIVE	Pesto pasta	Jacket with beans, cheese or tuna	Ham or cheese bap & corn on the cob	Bolognese loaded fries	Tomato & veg pasta
MAIN DESSERT	Apple & blackberry crumble	Waffles, jam & cream	Fruit sorbet	Pancakes, chocolate sauce & ice cream	Caramel & chocolate squares
COLD DESSERT	Fruit / Yogurt	Fruit / Yogurt	Fruit / Yogurt	Fruit / Yogurt	Fruit / Yogurt
MAIN COURSE - TEA	Jacket with cheese & beans	Pitta pockets with ham / cheese & salad sticks	Steak pie, vegetables & yorkshire pudding	Hash browns, beans and sausages	Picnic tea
DESSERT	Yogurt	Flapjack	Angel cake	Butterfly cakes	Cookies



Ghyll Royd School
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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE - LUNCH	Beef ragu with tagliatelle	Cowboy pie & mixed veg	Roast chicken with all the trimmings	Beef in black bean sauce & rice	Wraps with ham / cheese and salad
VEGETARIAN / PESCATARIAN	Salmon en crouete, potatoes & peas	Salmon & pea risotto	Veggie biryani & pitta bread	Margherita pizza & corn on the cob	Chicken escalope with baby potatoes & salad
ALTERNATIVE	Ham / tuna / cheese bap & salad	Pesto pasta & sweetcorn	Jacket with cheese or beans	Veggie stir-fry	Veggie bolognese & garlic bread
MAIN DESSERT	Eton mess	Fruit platter	Spiced banana & chocolate loaf	Raisin oat cookies	Rocky road
COLD DESSERT	Fruit / yogurt	Fruit / yogurt	Fruit / yogurt	Fruit / yogurt	Fruit / yogurt
MAIN COURSE - TEA	Ham & cheese toasties with veg sticks	Chicken curry & rice	Pasta salad & wholemeal roles	Jacket with cheese or beans	Homemade sausage or cheese roll & beans
DESSERT	Fresh fruit	Eccles cake	Yogurts	Fairy cakes	Yogurts