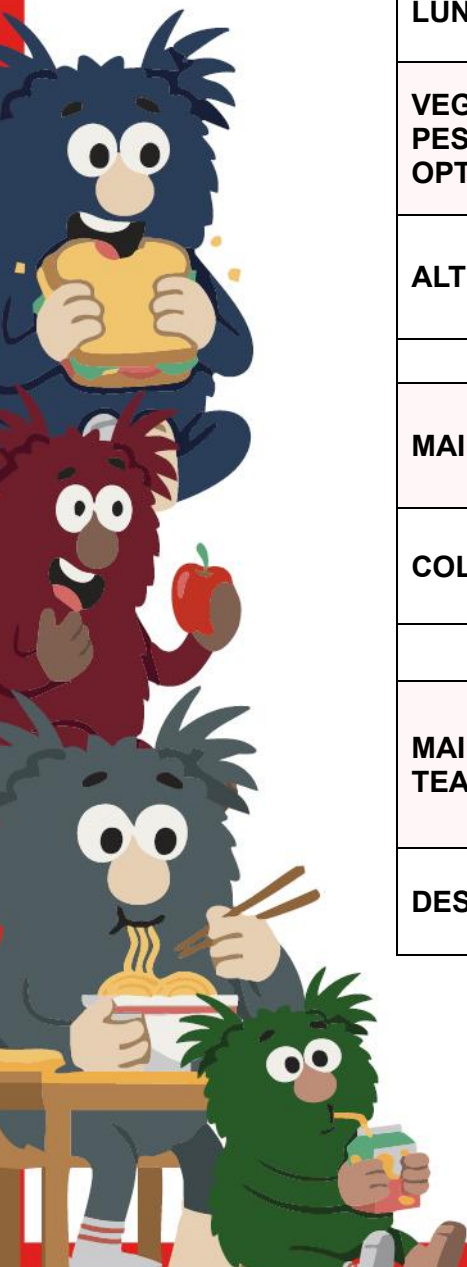




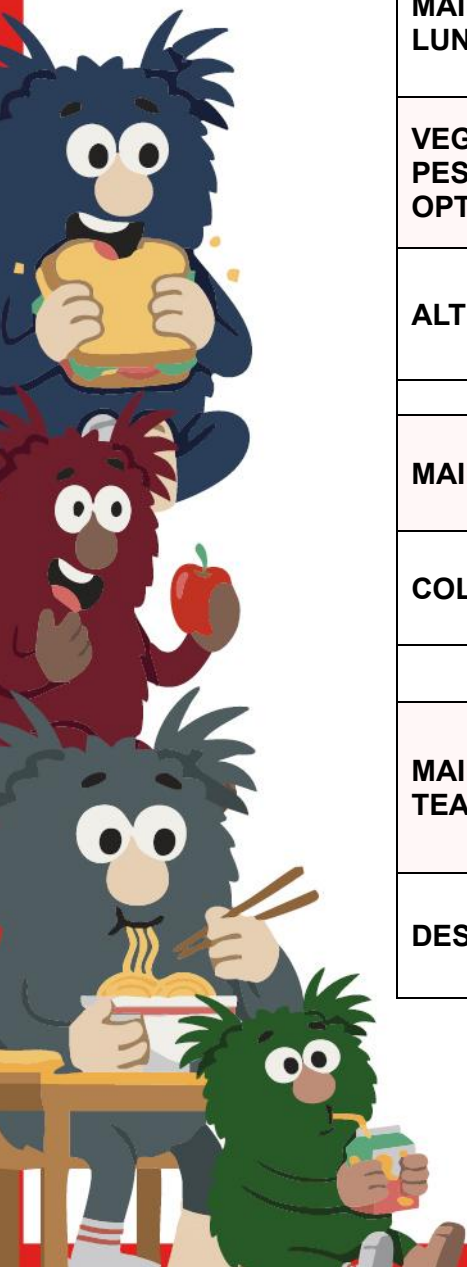
Ghyll Royd School
and Pre-School



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE - LUNCH	Beef & root vegetable casserole, mash & dumplings	Fruity chicken curry with rice & naan	Roast pork, garlic & thyme potatoes, Yorkshire pudding & vegetables	Spicy lamb meatballs in tomato sauce with flatbread & cous cous	Fish, chips & garden peas with curry sauce
VEGETARIAN / PESCATARIAN OPTION	Fish goujon wrap with tomato & rocket salad	Tuna pasta bake	Spanish omelette with salad	Veggie sausage roll, new potatoes & salad	Mixed bean & chilli burrito with tomato & onion salad
ALTERNATIVE	Cheese & onion stuffed jackets with buttered chilli corn	Home made minestrone soup & crusty bread	Hoi sin vegetable stir fry with egg fried rice	Crispy bacon & sweetcorn pesto pasta	BLT ciabatta with corn on the cob
MAIN DESSERT	Arctic roll	Chocolate sponge with chocolate sauce	Toffee apple crumble & custard	Raspberry sorbet	Pineapple upside down cake
COLD DESSERT	Fruit / yoghurt	Fruit / yoghurt	Fruit / yoghurt	Fruit / yoghurt	Fruit / yoghurt
MAIN COURSE - TEA	Home made tomato & basil soup with cheesy ciabatta	Sausage, baked beans & hash browns	Pepperoni pitta pizza with salad (veggie option available)	Home made chicken gyros, salad, flatbread & mint yoghurt	Home made sausage rolls & beans (veggie option available)
DESSERT	Fruit / yoghurt	Sultana & cinnamon flapjack	Lemon drizzle cake	Raspberry mousse	Fresh fruit salad



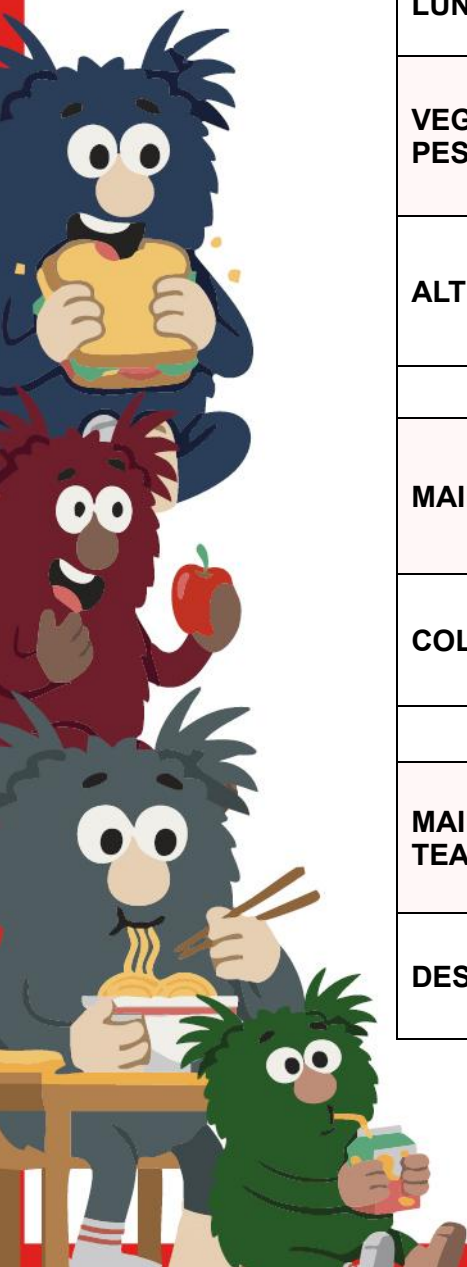
Ghyll Royd School
and Pre-School



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE - LUNCH	Chicken & vegetable hotpot, carrots & cabbage	Slow cooked minced beef, mash, vegetables in a giant Yorkshire pudding	Chilli beef with rice, cheese & pitta bread	Honey roast gammon, roast potatoes, vegetables & Yorkshire pudding	Home made margherita pizza with salad
VEGETARIAN / PESCATORIAN OPTION	Potato & cauliflower curry, rice & poppadums	Pasta carbonara with garlic bread	Jacket potato with cheese and beans	Salmon & roasted pepper pasta bake	Fish burger with chips and garden peas
ALTERNATIVE	Cheese, onion & bacon pie with roasted vegetables	Home made chicken noodle soup & crusty bread	Beef burger with potato wedges & salad	Quorn roast, roast potatoes, vegetables & Yorkshire pudding	Spicy veggie jambalaya
MAIN DESSERT	Chocolate brownie	Ginger cookies	Jam & coconut sponge with whipped cream	Melon and strawberry cocktail	Ice cream and home made raspberry sauce
COLD DESSERT	Fruit / yoghurt	Fruit / yoghurt	Fruit / yoghurt	Yoghurt	Fruit / yoghurt
MAIN COURSE - TEA	Ham and cheese baked omelette with corn on the cob	Fish finger sub roll with new potatoes & veggie sticks	Home made lentil soup with crusty bread	Sausage, potato & bean casserole with puff pastry lid (veggie option available)	Tuna & cucumber wraps with salad
DESSERT	Forest fruit jelly	Chocolate & orange buns	Strawberry & kiwi cocktail	Peaches & cream	Jammy crumpets



Ghyll Royd School
and Pre-School



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE - LUNCH	Southern baked chicken, chips, corn & BBQ sauce	Steak pie, mashed potatoes & vegetables	Roast chicken, roast potatoes, stuffing & vegetables	Thai green pork curry & rice	Fish goujons, potato wedges, peas & carrots
VEGETARIAN / PESCATARIAN	Home made creamy vegetable soup with crusty bread	Vegetarian meatball & mozzarella sub with salad	Macaroni cheese with crispy bruschetta	Pesto pasta with roasted mediterranean vegetables	Lentil & vegetable dahl with naan
ALTERNATIVE	Spicy tomato & vegetable pasta bake	Jacket potato with cheese, beans or tuna mayonnaise	Cajun salmon fillet with broccoli & roasted new potatoes	Sausage or bacon roll with hash browns and beans	Home made kofta with flatbread & rainbow slaw
MAIN DESSERT	Rocky road	Banana and cherry cake	Vanilla iced buns	Waffles, jam & cream	Eton mess
COLD DESSERT	Fruit / yoghurt	Fruit / yoghurt	Fruit / yoghurt	Fruit / yoghurt	Fruit / yoghurt
MAIN COURSE - TEA	Toast, beans & scrambled eggs	Home made pizza with corn on the cob	Chilli chicken enchiladas with salsa	Pasta bolognese	Sandwich selection with crisps & veggies sticks
DESSERT	Fruit / yoghurt	Chocolate caramel sponge	Fruit cocktail	Banana bread	Melon & grape cocktail