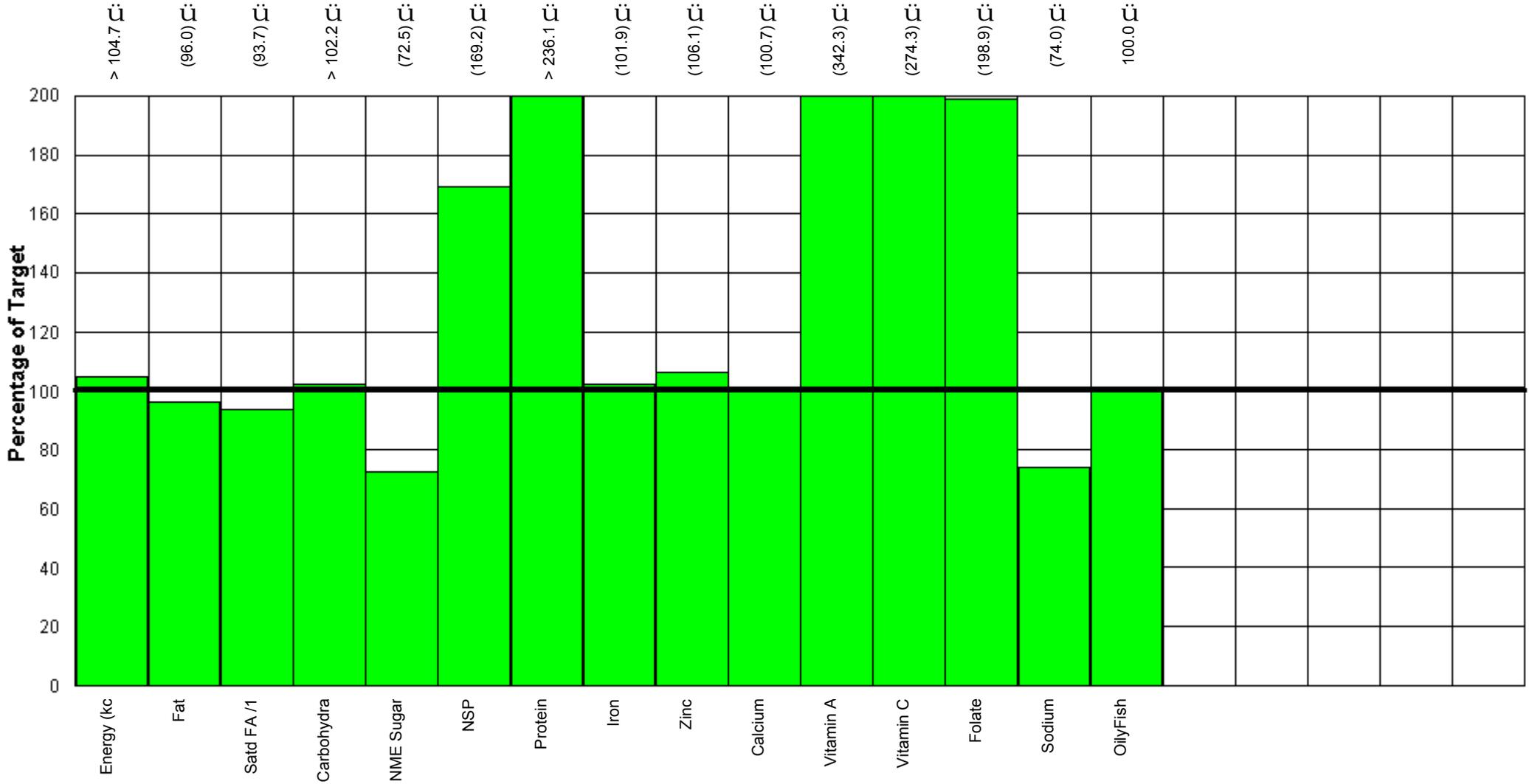


Nutrition Plan: Ss10 Secondary Spring 10

Nutrition Rule: Sec Lunch Secondary Lunch



Menu Cycle (5 Menus)

Nutrition Plan: Ss10wk1 Secondary Spring 10 week 1

Menu Course	Secondary Spring 10 wk1 Monday	Secondary Spring 10 wk1 Tuesday	Secondary Spring 10 wk1 Wednesday	Secondary Spring 10 wk1 Thursday	Secondary Spring 10 wk1 Friday
Hot Meal Choice	Shepherds Pie [20] Gravy T [20] Potato, Leek & Bacon Bake [20]	Chicken, Ginger and Peaches Stir Fry [30] Moroccan Lamb with Cous Cous [15]	Roast Pork & Apple Sauce [35] Gravy T [35] Beef Tagliatelle [10]	Beef Madras [20] Turkey Escalope breaded [20]	Battered Fish [25] Wholemeal Pizza Slice T [20]
Vegetarian	Veg & Bean Pasta [15]	Spinach & Sweet Potato Rosti [10]	Broccoli & Cauliflower Cheese Gratin [10]	Bean & Vegetable Bake [15]	Mushroom & Vegetable Risotto E [10]
Jacket	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]
Vegetables	Carrots Sliced Fresh - Secondary [50] Broccoli Fresh - Secondary [50] Edamame Beans [40] Mixed Salad - Secondary [20]	Broccoli Fresh - Secondary [50] Sweetcorn - Secondary [50] Edamame Beans [40] Mixed Salad - Secondary [20]	Peas - Secondary [50] Mixed Swede & Carrot [50] Edamame Beans [40] Mixed Salad - Secondary [20]	Cauliflower Fresh - Secondary [50] Green Beans Sliced - Secondary [50] Edamame Beans [40] Mixed Salad - Secondary [20]	Mushy Peas [50] Carrots Sliced Fresh - Secondary [50] Edamame Beans [40] Mixed Salad - Secondary [20]
Carbohydrates		Noodles - Secondary [30]	Parsley Potatoes - Secondary [45]	Rice - Secondary [20] Potato Wedges Ware - Secondary [20]	Chipped Potatoes - Secondary [45]
Sandwiches	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]
Dessert	Sticky Toffee Pudding [20] Custard [20] Fresh Fruit Salad [15] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Forest Fruit Crumble Slice [20] Custard [20] Fresh Fruit Salad [15] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Banana & Chocolate Sponge [20] Chocolate Sauce SEC [20] Fresh Fruit Salad [5] Yoghurt Mixed - Secondary [35] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Bread & Butter Pudding [20] Fresh Fruit Salad [15] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Fruits of the Forest Fool [30] Fresh Fruit Salad [5] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]

Nutrition Plan: Ss10wk1 Secondary Spring 10 week 1

Drinks	Drinks Secondary [55]				
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Menu Cycle (5 Menus)

Nutrition Plan: Ss10wk2 Secondary Spring 10 Week 2

Menu Course	Secondary Spring 10 wk2 Monday	Secondary Spring 10 wk2 Tuesday	Secondary Spring 10 wk2 Wednesday	Secondary Spring 10 wk2 Thursday	Secondary Spring 10 wk2 Friday
Hot Meal Choice	Sweet & Sour Pork [20] Chicken & Vegetable Casserole [15]	Toad in the hole [20] Gravy T [20] Minced Beef Lasagne [20]	Salmon Fish Cakes [20] Beef Chilli [15]	Roast Chicken Breast & Stuffing & Gravy [30] Pork Chow Mein [15]	Breaded Fish [25] Quiche Lorraine [10]
Vegetarian	Spinach and Potato Bake [20]	Chimichangas [15]	Macaroni Cheese [20]	Stuffed Peppers [10]	Butternut Squash & Courgette Stir Fry [20]
Jacket	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]
Vegetables	Roasted Vegetables [100] Edamame Beans [40] Mixed Salad - Secondary [20]	Medley of Vegetables [100] Edamame Beans [40] Mixed Salad - Secondary [20]	Green Beans Sliced - Secondary [50] Carrots Sliced Fresh - Secondary [50] Edamame Beans [40] Mixed Salad - Secondary [20]	Broccoli Fresh - Secondary [50] Mashed Swede - Secondary [50] Edamame Beans [40] Mixed Salad - Secondary [20]	Peas - Secondary [50] Sweetcorn - Secondary [50] Edamame Beans [40] Mixed Salad - Secondary [20]
Carbohydrates	Rice - Secondary [20] New Potatoes - Secondary [15]	Parsley Potatoes - Secondary [35]	Potato Wedges Ware - Secondary [20] Rice - Secondary [15]	Roast Potatoes Ware - Secondary [40]	Chipped Potatoes - Secondary [35] Rice - Secondary [20]
Sandwiches	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]
Dessert	Lemon Drizzle Cake [20] Custard [20] Fresh Fruit Salad [15] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Forest Fruits Roly Poly [20] Custard [20] Fresh Fruit Salad [15] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Pineapple Upside Down [20] Custard [20] Fresh Fruit Salad [15] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Cheesecake [30] Fresh Fruit Salad [5] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Sticky Date & Apple Bars [20] Fresh Fruit Salad [15] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]
Drinks	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]

Menu Cycle (5 Menus)

Nutrition Plan: Ss10wk3 Secondary Spring 10 Week 3

Menu Course	Secondary Spring 10 wk3 Monday	Secondary Spring 10 wk3 Tuesday	Secondary Spring 10 wk3 Wednesday	Secondary Spring 10 wk3 Thursday	Secondary Spring 10 wk3 Friday
Hot Meal Choice	Spaghetti Bolognese [25] Chicken Korma & Rice [20]	Chicken Enchiladas [20] Meat & Potato Pie [20] Gravy T [20]	Roast Beef and Yorkshire Pudding [30] Gravy T [30] Fish Goujons [15]	Meatballs with Red Pepper Sauce [20] Caribbean Jerked Chicken Drumsticks [20]	Battered Fish [25] Hungarian Goulash [10]
Vegetarian	Wholewheat Vegetable Pasties [10]	Mixed Bean Chilli [15]	Vegetarian Lasagne [10]	Vegetable Focaccia [15]	Roast Tomato & Basil Pasta [20]
Jacket	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]	Jacket Potato & Fillings [5]
Vegetables	Peas - Secondary [50] Carrots Sliced Fresh - Secondary [50] Edamame Beans [40] Mixed Salad - Secondary [20]	Broccoli Fresh - Secondary [50] Mashed Swede - Secondary [50] Edamame Beans [40] Mixed Salad - Secondary [20]	Roasted Parsnips & Carrots - Secondary [100] Edamame Beans [40] Mixed Salad - Secondary [20]	Stir Fry Vegetables [100] Edamame Beans [40] Mixed Salad - Secondary [20]	Peas - Secondary [50] Carrots Sliced Fresh - Secondary [50] Edamame Beans [40] Mixed Salad - Secondary [20]
Carbohydrates	Saute Potatoes Ware [10]	Parsley Potatoes - Secondary [20] Rice - Secondary [15]	New Potatoes - Secondary [45]	Rice - Secondary [40]	Chipped Potatoes - Secondary [25] Parsley Potatoes - Secondary [10]
Sandwiches	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]	Secondary Sandwich Selection 2 [40]
Dessert	Chocolate Berry Sponge [20] Chocolate Sauce SEC [20] Fresh Fruit Salad [5] Yoghurt Mixed - Secondary [35] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Oaty Apple Crumble [20] Custard [20] Fresh Fruit Salad [15] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Rice pudding with peaches [20] Fresh Fruit Salad [15] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Eves Pudding [20] Custard [20] Fresh Fruit Salad [15] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]	Fresh Fruit Salad & Yoghurt [30] Fresh Fruit Salad [5] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [35]

Menu Cycle (5 Menus)

Nutrition Plan:

Ss10wk3

Secondary Spring 10 Week 3

Drinks

Drinks Secondary [55]

Drinks Secondary [55]

Drinks Secondary [55]

Drinks Secondary [55]

Drinks Secondary [55]