



# food zone

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FRESH TO GO  
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MONDAY	Chilli Con Carne & Rice	Vegetable Lasagne	Cheese Tuna Beef Chilli	Margarita Pizza	Salmon & Cucumber Or Cheese
TUESDAY	Sausages with Mash Potato & Gravy	Vegetarian Sausages with Mash Potato & Gravy	Cheese Tuna Crunch	Cheese & Bacon Panini	Egg & Cress Or Cheese
WEDNESDAY	Cheese & Potato Pie with Tomato Bread	Spaghetti Bolognese	Cheese Tuna Chicken Mayonnaise	Mushroom & Red Onion Pizza	Chicken Mayonnaise Or Cheese
THURSDAY	Roast Chicken with Roast Potatoes, Stuffing & Gravy	Broccoli & Cauliflower Cheese with Roast Potatoes	Cheese Tuna	Cheese & Tomato Panini	Ham Salad Or Cheese
FRIDAY	Fish & chips	Pasta Provencal	Cheese Tuna Coleslaw	Ham & Sweetcorn Pizza	Cheese & Coleslaw Or Cheese

Week 1 w/c 30/08/10, 27/09/10, 01/11/10, 29/11/10, 10/01/11, 07/02/11, 14/03/11



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MONDAY	Shepherds Pie	Macaroni Cheese	Cheese Tuna	Sweetcorn & Spring Onion Pizza	Chicken Mayonnaise & Salad Or Cheese
TUESDAY	Chicken Curry & Rice	Vegetable Goulash & Rice	Cheese Tuna Chicken Curry	Cheese & Tuna Panini	Bacon Lettuce & Tomato Or Cheese
WEDNESDAY	Cheese & Tomato Enchiladas	Lasagne & Flat Bread	Cheese Tuna	Margarita Pizza	Tuna & Cucumber Or Cheese
THURSDAY	Roast Beef, Yorkshire Pudding, Roast Potatoes & Gravy	Veggie Roast & Roast Potatoes	Cheese Tuna Prawn mayonnaise	Cheese & Ham Panini	Prawn & Mayonnaise Or Cheese
FRIDAY	Fish & chips	Creamy Herb, Broccoli Mushroom Bake	Cheese Tuna	Bacon Pizza	Cheese & Onion Or Cheese

Week 2 w/c 06/09/10, 04/10/10, 08/11/10, 06/12/10, 17/01/11, 14/02/11, 21/03/11

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MONDAY	Cheesy Parsnip Bake & Garlic Bread	Meatballs & Tagliatelle	Cheese Tuna Meatballs	Hawaiian Pizza	Egg & Bacon Or Cheese
TUESDAY	Mince Beef & Vegetable Pie with Creamed Potato & Gravy	Cauliflower Cheese & Tomato Flat Bread	Cheese Tuna Coronation Chicken	Cheese & Tomato Panini	Coronation Chicken Or Cheese
WEDNESDAY	Potato Topped Fish Pie	Sweet Chilli Vegetables with Noodles	Cheese Tuna	Margarita Pizza	Tuna & Cucumber Or Cheese
THURSDAY	Roast Turkey with Stuffing,, Roast Potatoes & Gravy	Dhal Curry with Rice	Cheese Tuna	Cheese & Bacon Panini	Mexican Cheese Or Cheese
FRIDAY	Fish & chips	Penne & Tomato	Cheese Tuna Coleslaw	Country Vegetable Pizza	Ham Salad Or Cheese

Week 3 w/c 13/09/10, 11/10/10, 15/11/10, 13/12/10, 24/01/11, 28/02/11, 28/03/11

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MONDAY	West Indian Chicken With Cous Cous	Vegetable Bolognese	Cheese Tuna West Indian Chicken	Margarita Pizza	Egg & Cress Or Cheese
TUESDAY	Moussaka & Garlic Bread	Cheese Quiche	Cheese Tuna	Cheese & Tuna Panini	Bacon Lettuce & Tomato Or Cheese
WEDNESDAY	Indian Biryani & Flatbread	Courgette & Pasta Bake	Cheese Tuna	Sweet Chilli Chicken Pizza	Tuna & Cucumber Or Cheese
THURSDAY	Roast Pork with Apple Sauce, Roast Potatoes & Gravy	Mushroom Bake with Roast Potatoes	Cheese Tuna Prawn	Cheese & Ham Panini	Prawn & Lettuce Or Cheese
FRIDAY	Fish & chips	Macaroni Cheese	Cheese Tuna	Bacon & Mushroom Pizza	Chicken Mayonnaise Or Cheese

Week 4 w/c 20/09/10, 18/10/10, 22/11/10, 03/01/11, 31/01/11, 07/03/11, 04/04/11