

MEALS OF THE DAY

Salmon Pasta Bake
Broccoli

Flakemeal Biscuit & Milk

Savoury Pork Crumble
Creamed Potato
Vegetable of the Day

Milk Shake

Spaghetti Bolognese with
Wholemeal Spaghetti
Herb Bread

Apple Tart

Quiche Lorraine
Baked Potato
Mixed Green Salad

Fresh Fruit Salad

Pure Orange Juice

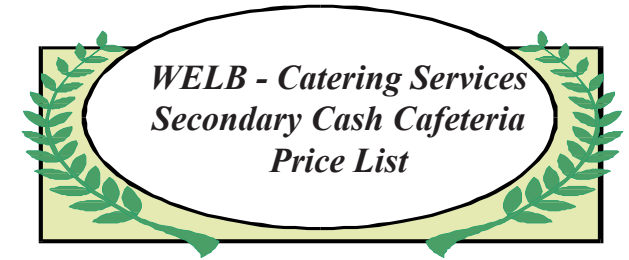
Homemade Chicken Pie
Peas, Carrots & Sweetcorn
Baked Potato

WHAT IS A HEALTHY DIET?

A balanced diet with plenty of variety and enough energy for growth and development

- Plenty of starchy foods such as bread, rice, pasta and potatoes.
- Plenty of fruit and vegetables
- Moderate amounts of milk products
- Moderate amounts of meat, fish or alternatives
- Not eating too many foods containing a lot of fat, especially saturated fat
- Not having sugary foods and drinks too often

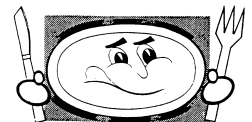
August 2009



Inside is a cafeteria price list and some samples of a "Meal of the Day". Familiarise yourselves with the prices now so that we can serve you as quickly as possible. The menu will be prominently displayed in the school to assist you. You should pay special attention to it before coming to the serving area. We hope you will choose wisely.

All menus conform to Compulsory Nutritional Standards as directed by the Department of Education. Comments/complaints can be made through your Student Council or Nutrition Action Group or directly to the Supervisor.

If you are entitled to free meals you can select foods up to the value of £2.30, but must pay for the difference if you go above £2.30. No refunds are available if you do not spend the full value of your ticket, nor is it transferable to another pupil.



PRICE LIST

MAIN COURSE

Sausage (1)	£0.44
Home made Steakburger	£0.80
Home made Steakburger & Bap ...	£1.25
Chicken Fillet Burger & Bap	£1.60
Chicken Burger & Bap	£1.05
Quiche	£0.95
Hot Dog	£0.95
Pizza/French Bread Pizza	£0.87
Stir Fry/Risotto/Noodles	£1.20
Roast Meat/Chicken	£1.80
Macaroni Cheese/Pasta Bake	£1.20
Vol-au-Vents/Savoury Crumbles ..	£1.20
Curry/Tikka/Korma & Rice	£1.60
Sweet & Sour with Rice	£1.60
Spaghetti Bolognese/Lasagne	£1.60
Irish Stew	£1.60
Meat Salad	£1.55
Curry without Rice	£1.35
Stuffed Sausage	£0.75
Bacon Roll	£0.75
Home-made Pies	£1.20
Chicken Fricasse & Rice	£1.60
Pork/Chicken in Pepper Sauce	£1.60
Chicken Drumstick	£0.50
Chicken Bites (5)	£1.00
Breaded Chicken Fillet	£1.20
Filled Bagels	£1.25
Pork Ribs	£1.00
Omelette	£0.60

Please note half portions are not available

FISH

Breaded/battered fillets	£1.05
Salmon fish cake	£0.85
Small fry fish	£0.53

VEG & POTATOES

Beans/Spaghetti	£0.53
All veg including rice	£0.42
Tub/Side salad	£0.48
Chipped potatoes (Wedges, sauté, garlic & diced	£1.20
Creamed & boiled potatoes	£0.30
Roast potatoes	£0.63
Baked potatoes	£0.42
Baked potato with filling	£0.82
Vegetarian burger - 4oz	£0.48
Stuffing	£0.30

SNACKS

Wraps	£1.50/£1.80
Panini	£1.10/£2.20
Sandwich - single/double ..	£0.75/£1.50/£1.80
Filled finger roll	£1.00
Filled bap - large/small	£1.76/£1.00
Cheese - Cheddar/Dairylea	£0.32
Digestive Biscuits	£0.30
Cream Crackers	£0.21
Granary Rolls - Hoagies	£1.37
Fresh fruit - seasonal	*
Sauce packet	£0.08
Curry sauce	£0.47
Gravy and sauces	£0.13
Jam portions	£0.14
Toasted sandwiches	£0.75/£1.50

SWEETS

Scone	£0.21
Butter/Flora	£0.10
Apple Tart/Lemon Meringue	£0.53
Apple Crumble/Trifle	£0.55
Mousse	£0.55
Gateaux/Cheesecake	£0.55
Custard/Rice	£0.37
Shortbread/Flakemeal	£0.37
Viennese Biscuits	£0.37
Fresh Fruit Salad	£0.42
Cookies	£0.42
Queen Cakes	£0.37
Muffin	£0.55
Fruit Ice Cream	£0.55

DRINKS

Homemade soup	£0.53
Homemade soup & potato/bread roll ..	£0.75
Tea/Coffee/Drinking Chocolate ..	£0.45
Milk 7oz/12oz	£0.27/£0.37
Milk Tetra Pak (1/2 pint)	£0.32
Milk Tetra Pak (1/3 pint)	£0.26
Yoghurt	£0.45
Pure Orange Juice	£0.42
Mineral Water	£0.50
Fruit Juice Tetra Pak - Apple/Orange ..	£0.45
Sparkling Water	£0.47
Milkshake	£0.42/£0.47

All prices are subject to seasonal variations