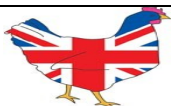


**SOLIHULL CATERING SERVICES
AUTUMN WINTER TERM 2009**

Week One 03.09.09/12.10.09	Monday	Tuesday	Wednesday	Thursday 03.09.09 Start of Term	Friday
Main Course	Lamb / Beef Lasagne	UKF Roast Chicken Breast with stuffing and Gravy	Roast Beef with Yorkshire Pudding & Gravy	UKF* Welsh Dragon Pork Meatballs in Tomato Sauce	* Double Cod Fish Finger
				Lamb Cornish Pasty	* Cheese & Tomato Pizza
Vegetarian alternative	Vegetable Lasagne	Vegetable Curry	UKF * Vegetable sausage (4226)	Vegetable Cornish Pasty	Vegetable Crumble
Starchy Food	Creamed Potato	Creamed Potatoes / Rice	Oven Baked Dry Roasted Potatoes	McCain Purely Potato Wedges	McCain Low Fat Chips
Vegetables	Peas & Fresh Baton Carrots	Green Beans & Cauliflower	Savoy Cabbage & Sweetcorn	Seasonal Roasted Vegetables & Baton Carrots	Baked Beans & Peas
Fresh Breads	Garlic	Nann	Wholemeal	Tomato & Herb	Lumpy Bumpy
Accompaniments	Choice of Salads from Salad Cart, Jacket Potatoes				
Desserts	Carrot Cake	Rhubarb Crumble & Custard	Healthy Fruit Day	Cherry Short Bread	Plum Cobbler and Custard
	Apple & Orange Slices	Portion of Cheese & Grapes	Date Sponge and Vanilla Sauce	Portion of Cheese & Grapes	Seasonal Fruit Salad with Low Fat Yoghurt
	Seasonal Fruit Bowl and Yoghurt				
Drinks	Milk Shake			Milk Shake	
	Water available daily				

Week Two 07.09.09/19.10.09	Monday	Tuesday	Wednesday	Thursday	Friday Stock 23.10.09
Main Course	GG* Pork Loin Steak with Apple Sauce & Gravy	UKF Cooked Diced Turkey Pie & Gravy	Roast Lamb with Mint sauce & Gravy	* Lemon Sole Grill	UKF *Gammon Steak & Pineapple
Vegetarian alternative	Spanish Omelette (Tortilla)	Cheese & Broccoli Bake	Vegetable stir fry with Egg Noodles	UKF *Tasty Bean Bake (4176)	Vegetable Risotto
Starchy Food	McCain Purely Potato Slices	Fresh Creamed Potatoes	Oven Baked Dry Roasted Potatoes	McCain Oven Baked Smiles	Fresh Creamed Potatoes
Vegetables	Peas & Green Beans	Fresh Baton Carrots	Fresh Broccoli & Cauliflower	Peas & baked Beans	Broad Beans & Sweetcorn
Fresh Breads	Wholemeal	Crusty Bread	Wholemeal	Lumpy Bumpy	Onion Bread
Accompaniments	Choice of Salads from Salad Cart, Jacket Potatoes				
Desserts	Fruit Muffin	Apricot Sponge with Custard	Healthy Fruit Day	Lemon Love Cake with Vanilla Sauce	Date & Oat Delight
	Sultanas & Raisins	Apple & Orange Slices	Apple Pie with Custard	Portion of Cheese & Grapes	Portion of Cheese & Grapes
	Seasonal Fruit Bowl and Yoghurt				
Drinks	Milk Shake				Hot Chocolate
	Water available daily				



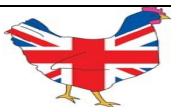
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**SOLIHULL CATERING SERVICES
AUTUMN WINTER TERM 2009**

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
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14.09.09/02.11.09					
Main Course	UKF * Rustic Lamb & Mint Grill	Minced Beef Pie and Gravy	UKF Roast Chicken Breast with Bread sauce and Gravy	* Cheese & Tomato Pizza	UKF Breaded Salmon Fillet With parsley sauce
Vegetarian alternative	Spaghetti Neapolitan	Vegetable Chilli Con carne with Rice	* Vegetable Ravioli	Quorn Sausage & Bean casserole	Stir fry Quorn & Vegetable wraps
Starchy Food	Oven Baked Dry Roasted Potatoes	Fresh Creamed Potatoes	McCain Purely Potato Wedges	Jacket Potato	McCain Low Fat Chips
Vegetables	Dry roast parsnip chips & Savoy Cabbage	Fresh Seasonal Roasted Vegetables & Peas	Green Beans & Sweetcorn	Baton Carrots & Fresh Broccoli	Baked Beans and Peas
Fresh Breads	Garlic Bread	Onion Bread	Wholemeal	Tomato & Herb	Crusty Bread
Accompaniments	Choice of Salads from Salad Cart, Jacket Potatoes				
Desserts	Eccles Cake	Wholemeal Ginger Loaf	Healthy Fruit Day	Chocolate Ripple Sponge & Custard	Chocolate Creams
	Portion of Dried Apricots with low fat yoghurt	Sultanas & Raisins	Flapjack & vanilla Sauce	Apple & Orange Slices	Seasonal Fruit Salad
	Seasonal Fruit Bowl and Yoghurt				
Drinks	Milk Shake	Hot Chocolate			Milk Shake
	Water available daily				

Week Four 21.09.09/09.11.09	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	* Cheese & Tomato Pizza	UKF Chicken Pie and Gravy	Roast pork and Apple Sauce / Gravy	Lamb Hot Pot	* Fish Nibbles
Vegetarian alternative	Vegetarian Stir Fry	Vegetable Risotto	Vegetable Curry & Rice	UKF * Vegetable Country Bake (4206)	Vegetable crumble
Starchy Food	Jacket Potato	Creamed Potatoes	Oven Baked Dry Roasted Potatoes	McCain Purely Potato Slices	McCain Oven Baked Smiles
Vegetables	Sweetcorn and Peas	Fresh Broccoli & Mixed Vegetables	Green Beans and Fresh Carrots	Fresh Savoy Cabbage & Creamed carrot & Swede	Baked beans & Sweetcorn
Fresh Breads	Tomato & Herb	Wholemeal	Nann Bread	Lumpy Bumpy	Wholemeal
Accompaniments	Choice of Salads from Salad Cart, Jacket Potatoes				
Desserts	Rice Pudding with Mandarin oranges	Apricot & Yoghurt Sponge with Custard	Healthy Fruit Day	Melting moments	Dorset APPLE CAKE
	Portion of Cheese & Grapes	Apple & Orange Slices	Pineapple Upside-down pudding & Vanilla Sauce	Portion of Cheese & Apple slices	Sultanas & Raisins
	Seasonal Fruit Bowl and Yoghurt				
Drinks				Milk Shake	
	Water available daily				



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AUTUMN WINTER TERM 2009

Week Five 28.09.09/16.11.09	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Cottage Pie with Gravy	UKF Gammon Steak with Pineapple	Roast lamb with onion sauce	UKF*Baked Sausages with Yorkshire pudding	Pork and pasta in tomato sauce
		* Double Fish Finger	* Cheese & Tomato Pizza		
Vegetarian alternative	Cheese & Leek Pie	Quorn Sausage Paella	Pasta & Courgette Bake	Vegetable Pasta Twist	Spanish Omelette
Starchy Food	Creamed Potatoes	McCain Purely Potato Slices	Oven Baked Dry Roasted Potatoes	Jacket Potato	Creamed Potatoes
Vegetables	Fresh Seasonal Roasted Vegetables & Green Beans	Peas & Sweetcorn	Fresh cabbage & Baton carrots	Fresh Broccoli an Dry roast parsnip chips	Broad beans (Sept) Baton Carrots (Nov) & Peas
Fresh Breads	Wholemeal	Cheese & Onion	Wholemeal	Tomato & Herb	Crusty Bread
Accompaniments	Choice of Salads from Salad Cart, Jacket Potatoes				
Desserts	Flapjack with Custard	Chocolate Oat cakes	Healthy Fruit Day	Apple pie with Custard	Bread & Butter Pudding with Custard
	Apple & Orange Slices	Sultanas & Raisins with low fat yoghurt	Gooseberry Crumble & Vanilla Sauce	Portion of Dried Apricots with low fat yoghurt	Fruit Iced Smoothie
	Seasonal Fruit Bowl and Yoghurt				
Drinks	Water available daily				

Week Six 05.10.09/23.11.09	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Spaghetti Bolognaise	UKF Diced Chicken / vegetable Curry with Rice	Roast Beef and Yorkshire Pudding with Gravy	* Wholemeal Chicken Breast Steak	Cheese whirl
Vegetarian alternative	* Cheese & Tomato Pizza	Broccoli Cheese Bake	UKF* Vegetable Grill (4205)	Vegetable Casserole and Dumplings	Spicy Bean Hot Pot
Starchy Food	McCain Purely Potato Diced	Fresh Creamed Potatoes	Oven Baked Dry Roasted Potatoes	Fresh Creamed Potatoes	Jacket Potatoes
Vegetables	Peas & Sweetcorn	Green Beans and Fresh Carrots	Fresh Savoy Cabbage & Fresh broccoli	Mixed vegetable & Green Beans	Fresh Broccoli and Baton Carrots
Fresh Breads	Garlic Bread	Nann Bread	Wholemeal	Crusty Bread	Garlic Bread
Accompaniments	Choice of Salads from Salad Cart, Jacket Potatoes				
Desserts	Carrot Cake	Steamed Jam Sponge and Vanilla Sauce	Bananas & Custard	Chocolate Cracknel and Vanilla Sauce	Sultana Shortbread
	Sultanas & Raisins with low fat yoghurt	Portion of Dried Apricots with low fat yoghurt	Seasonal Fruit salad and Low Fat Yoghurt	Apple & Orange Slices	Portion of Cheese & Apple slices
	Seasonal Fruit Bowl and Yoghurt				
Drinks	Milk Shake				Hot Chocolate
	Water available daily				



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