

Light Hall School

SOLIHULL CATERING SERVICES

Week Commencing: April 22nd 2013 / 13th May 2013 / 10th June 2013
1st July 2013 / 22nd July 2013 / 16th September 2013
7th October 2013 / 4th November 2013



<u>Week 1</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main Meal</u>	Sweet & Sour Pork with Rice	Creamy Chicken Pasta Bake	Roast Meal of the Day	Chicken Balti with Rice	Oven Baked Fish with Wedges
<u>Vegetarian</u>	Vegetable Lasagne	Vegetable Balti with Rice	Cheese and Potato Pie	Quorn Stir Fry with Noodles	Quorn Cottage Pie
<u>Desserts and Drinks Etc</u>	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl
<u>Grab and Go</u>	Pizza of the Day Pasta King Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Lovejoes Wrap Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Pasta King Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Lovejoes Wrap Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Pasta King Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads



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SOLIHULL CATERING SERVICES

Week Commencing: 29th April 2013 / 20th May 2013
17th June 2013 / 8th July 2013 / 2nd September 2013
23rd September 2013 / 14th October 2013

<u>Week 2</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main Meal</u>	Chicken with Black Bean Sauce with Rice	Steak and Vegetable Pie	Roast Meal of the Day	Chicken Rogan Josh with Rice	Oven Baked Fish with Potato Wedges
<u>Vegetarian</u>	Vegetarian Quiche	Quorn Steak Strips served in Onion Gravy and Yorkshire Pudding	Chessey Pasta	Quorn Cottage Pie	Vegetable Lasagne
<u>Desserts and Drinks Etc</u>	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl
<u>Grab and Go</u>	Pizza of the Day Pasta King   Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Lovejoes Wrap Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Pasta King Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Lovejoes Wrap Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Pasta King Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads



Week Commencing: 7th May 2013 / 3rd June 2013 / 24th June 2013
 15th July 2013 / 9th September 2013 / 30th September 2013
 21st October 2013

<u>Week 3</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main Meal</u>	Pork Meatballs with Spicy Tomato Sauce	Homemade Chicken Pie	Roast Meal of the Day	Chicken Jalfrezi with Rice	Oven Baked Fish with Potato Wedges
<u>Vegetarian</u>	Tomato Pasta Bake	Quorn Bolognaise	Vegetable Stir Fry	Quorn Steak Strip Fajita Wraps	Vegetable Bolognaise
<u>Desserts and Drinks Etc</u>	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl	Dessert of the Day Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits or a choice from our Seasonal Fruit Bowl
<u>Grab and Go</u>  	Pizza of the Day Pasta King Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Lovejoes Wrap Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Pasta King Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Lovejoes Wrap Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza of the Day Pasta King Jacket Potato topped with hot and cold fillings Range of Baguettes Sandwiches Wraps Panini's and Salads

