

Secondary Cooks Notes AUTUMN/WINTER 11/12

WEEK 1 commencing

24th October (school closed) 21st November, 19th December, 30th January, 27th February, 26th March

Day	Main Course 1	Notes
Monday	Cheese & Tomato Pasta* (v) Fish Dish of the Day* Veg Selection Dessert of the Day	(see options below)
Tuesday	Chicken Curry* & Pilau Rice Vegetable Lasagne* (v) & Garlic Bread Veg Selection Fruit Crumble* & Custard	Homemade or ready made sauce Any tinned or fresh fruit
Wednesday	Steak Mince* Vegetable Enchiladas* (v) Mashed Potato Veg Selection Dessert of the Day	
Thursday*	Roast Pork & Gravy Beef Goulash* & Tagliatelle Roast Potatoes Veg Selection Rice Pudding* & Fruit	Can be served hot or cold,
Friday*	Fish & Chips Chicken Stir Fry* & Rice Veg Selection Dessert of the Day	

Suggestions for true vegetarians:

Thursday	Bean & Vegetable Goulash
Friday	Vegetable Stir Fry & Rice

Fish of the Day Options – Fish Fingers, Fishcakes, Salmon Bake (code 56713), Fish Pie, Salmon Kebabs, Herby Fish Fillet, Tuna & Red Pepper Risotto, Not Fried Fish

- *see recipes
- (V) vegetarian option (no meat or fish products)