



TORBAY SCHOOL LUNCH MENU AUTUMN 2009

MON	TUE	WED	THU	FRI
WEEK 1	Commencing 31 st August, 21 st Sept, 12 th Oct, 9 th Nov.			
Battered cod & chips Or Spanish omelette ***** Cheese cake with fruity topping Fruit bowl or yoghurt Milk shake PLS	Roast Pork with apple sauce, herby roast potatoes, carrots & peas Or Leek & Mushroom crumble ***** FRESH FRUIT SALAD Fruit bowl or yoghurt PLS	Beef Lasagne Or Veggie Burger, with garlic bread, coleslaw & salad ***** Apple & cherry fruit crumble and custard Fruit bowl or yogurt PLS	Pizza Day Pepperoni, ham Cheese & tomato Tuna & Sweet corn ***** Rice pudding With Demerara sugar Fruit bowl or yoghurt PLS	Baguettes Sausage & onion Or Cheese & onion ***** Custard biscuit Fruit bowl or yoghurt PLS
WEEK 2	Commencing 7 th Sept, 28 th Sept, 19 th Oct, 16 th Nov.			
Fish Nik Naks Spicy wedges with sweet chilli sauce Or Veggie sausage & salad ***** Carrot Cake Fruit bowl Or yoghurt SW.	Gammon, new potatoes, parsley sauce peas & carrots Or Kublichana ***** FRESH FRUIT SALAD Fruit bowl or yoghurt SW.	Beef burger with onions, relish, grated cheese, pickle. Salsa, & coleslaw Or Ratatouille ***** Chocolate Semolina Fruit bowl or yoghurt SW.	Chicken curry, naan bread, popadom, mango chutney, raita & rice Or Vegetarian Quiche ***** Lemon Meringue pie Fruit bowl or yoghurt SW.	PANINI DAY Ham & cheese Cheese & tomato Tuna & Sweet corn ***** Flapjack Fruit bowl or yoghurt SW.
WEEK 3	Commencing 14 th Sept, 5 th Oct, 2 nd Nov, 23 rd Nov, 14 th Dec.			
Salmon fishcakes & chips or Jacket potato with baked beans & cheese ***** Tapioca with brown sugar Fruit bowl or yoghurt JP.	Roast Lamb with mint sauce Or Cheesy Potato Bake With roast potatoes carrots, peas & sweet corn ***** FRESH FRUIT SALAD Fruit bowl or yoghurt JP.	Macaroni Cheese with or without crispy bacon Or Fish Pie Mini rolls, salad & coleslaw ***** Fruit jelly with ice-cream Fruit bowl or yogurt JP.	Cottage Pie With carrots & peas Or Vegetable Stir Fry ***** Sultana sponge & custard Fruit bowl or yogurt JP.	Half Baguette Pizza Cheese & Tomato Ham & Cheese Cheese & Onion ***** Chocolate drop biscuit Fruit bowl or yoghurt JP.

We all know about the 5-a-day to healthy eating. Here at Torbay School we aim to try and get the balance right.

HEALTHY FOOD

for a

HEALTHY FUTURE

Don't forget you can have toast and milk at breakfast and break time for free

Chilled drinking water or juice available daily

