



W/C	
20/04/2015	14/09/2015
11/05/2015	05/10/2015
08/06/2015	
29/06/2015	
20/07/2015	

## SUMMER 2015 MENU - WEEK 1

- MONDAY**
- ☺ Laverstoke Park meatballs in tomato sauce
  - ☺ Quorn burger in gravy  $\gamma$
  - \*\*\*
  - Pasta
  - OR
  - Mashed potato
  - \*\*\*
  - Salad selection
  - Sweetcorn
  - Peas
  - \*\*\*
  - Apple upside down sponge
  - Fresh fruit
  - Yoghurt



- TUESDAY**
- ☺ Salmon nibbles
  - ☺ Cheese & tomato pizza  $\gamma$
  - \*\*\*
  - Baked potato wedges
  - \*\*\*
  - Salad selection
  - Coleslaw
  - Baked beans
  - \*\*\*
  - Fruit cookie
  - Fresh fruit
  - Yoghurt



- WEDNESDAY**
- ☺ Chicken, bacon & sweetcorn pie
  - ☺ Veggie sausages  $\gamma$
  - \*\*\*
  - Mashed potato
  - \*\*\*
  - Salad selection
  - Seasonal vegetables
  - \*\*\*
  - Fruit salad with mini shortbread
  - Fresh fruit
  - Yoghurt

- THURSDAY**
- ☺ Beef roast with gravy
  - ☺ Baked Spanish omelette  $\gamma$
  - \*\*\*
  - Roast potatoes
  - \*\*\*
  - Salad selection
  - Cabbage
  - Cauliflower
  - \*\*\*
  - Cold dessert selection
  - Fresh fruit
  - Yoghurt



- FRIDAY**
- ☺ Harry Ramsden's battered fish
  - ☺ Vegetable & lentil curry  $\gamma$
  - \*\*\*
  - Chipped potatoes
  - OR
  - Rice
  - \*\*\*
  - Salad selection
  - Peas
  - Carrots
  - \*\*\*
  - Tropical flapjack
  - Fresh fruit
  - Yoghurt

*City Catering Southampton make every effort to source local and sustainable produce for our menus.*

*We monitor all product supplies and to the best of our knowledge our menus are free from genetically modified ingredients.*

$\gamma$   
These products are suitable for vegetarians

All cheese used in homemade products is suitable for vegetarians

**FRESHLY BAKED BREAD IS AVAILABLE AS AN ADDITIONAL MENU ITEM DAILY**

**SUBJECT TO AVAILABILITY**



w/c	
27/04/2015	01/09/2015
18/05/2015	21/09/2015
15/06/2015	12/10/2015
06/07/2015	

## SUMMER 2015 MENU – WEEK 2

- MONDAY**
- Chicken grill  
 Veggie balls in tomato sauce
- \*\*\*  
 New potatoes  
 OR  
 Pasta  
 \*\*\*  
 Salad selection  
 Carrots  
 Sweetcorn  
 \*\*\*  
 Chocolate sponge with chocolate sauce  
 Fresh fruit  
 Yoghurt



- TUESDAY**
- Gammon steak  
 Cheese & tomato pizza
- \*\*\*  
 Potato waffles  
 \*\*\*  
 Salad selection  
 Baked beans  
 Coleslaw  
 \*\*\*  
 New Forest ice cream or Iced fruit smoothie  
 Fresh fruit  
 Yoghurt



- WEDNESDAY**
- Mild beef chilli  
 Macaroni cheese
- \*\*\*  
 Rice  
 OR  
 Herby garlic bread  
 \*\*\*  
 Salad selection  
 Peas  
 Sweetcorn  
 \*\*\*  
 Flapjack  
 Fresh fruit  
 Yoghurt

- THURSDAY**
- Chicken roast with stuffing  
 Bean and vegetable bake
- \*\*\*  
 Roast potatoes  
 \*\*\*  
 Salad selection  
 Seasonal vegetables  
 \*\*\*  
 Assorted fruit brownies  
 Fresh fruit  
 Yoghurt



- FRIDAY**
- Fish fingers  
 Veggie whirl
- \*\*\*  
 Chipped potatoes  
 \*\*\*  
 Salad selection  
 Peas  
 Carrots  
 \*\*\*  
 Banana cake  
 Fresh fruit  
 Yoghurt

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**SUBJECT TO AVAILABILITY**



w/c	
04/05/2015	28/09/2015
01/06/2015	19/10/2015
22/06/2015	
13/07/2015	
07/09/2015	

## SUMMER 2015 MENU - WEEK 3

- MONDAY**
- ☺ Baked pork sausages with gravy
  - ☺ Veggie bolognese  $\gamma$
  - \*\*\*
  - Mashed potato
  - Pasta
  - \*\*\*
  - Salad selection
  - Sweetcorn
  - Carrots
  - \*\*\*
  - New Forest ice cream or Iced fruit smoothie
  - Fresh fruit
  - Yoghurt

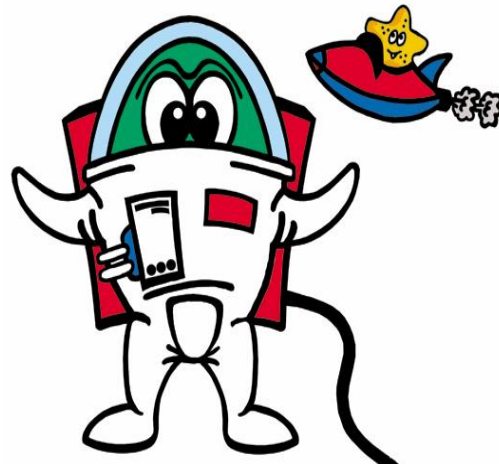


- TUESDAY**
- ☺ Mild beef curry
  - ☺ Cheese & tomato pizza  $\gamma$
  - \*\*\*
  - Rice
  - OR
  - Baked potato wedges
  - \*\*\*
  - Salad selection
  - Peas
  - Coleslaw
  - \*\*\*
  - Fruit muffin
  - Fresh fruit
  - Yoghurt



- WEDNESDAY**
- ☺ Turkey fajita
  - ☺ Veggie sausage turnover  $\gamma$
  - \*\*\*
  - Mexican rice
  - OR
  - Mashed potato
  - \*\*\*
  - Salad Selection
  - Sweetcorn
  - Sliced green beans
  - \*\*\*
  - Melting moment
  - Fresh fruit
  - Yoghurt

- THURSDAY**
- ☺ Pork roast with stuffing
  - ☺ Cheese & vegetable bake  $\gamma$
  - \*\*\*
  - Roast potatoes
  - \*\*\*
  - Salad selection
  - Cauliflower
  - Broccoli
  - \*\*\*
  - Fruit jelly
  - Fresh fruit
  - Yoghurt



- FRIDAY**
- ☺ Fish cake
  - ☺ Veggie pasty  $\gamma$
  - \*\*\*
  - Chipped potatoes
  - \*\*\*
  - Salad selection
  - Peas
  - Baked beans
  - \*\*\*
  - Iced sponge
  - Fresh fruit
  - Yoghurt

$\gamma$

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