

**Lunchtime Menu – Week F    £2.20**

Dinners	Puddings
<b>Monday</b>	
<b>Hot Chicken Pitta</b> – with salad option and accompanied by Sour Cream dressing <b>Wholemeal Pasta Spirals</b> – cooked with tomato, basil, and lentils topped with grated cheese <b>Panini/Jacket Potato</b> – With assorted fillings and salad	<b>Rice Pudding and Raspberry Jam</b>  or  <b>Oat Flapjack</b>
<b>Tuesday</b>	
<b>Gammon Slice</b> – with fresh pineapple <b>Italian Style Pizza</b> – with fresh tomato sauce and Mozzarella cheese <b>Sandwich/Jacket Potato</b> – With assorted fillings and salad	<b>Apple Crumble with Custard</b>  or  <b>Fruit Salad</b>
<b>Wednesday</b>	
<b>Curried Beef Madras with savoury rice</b>  <b>Prestons own Butter Pie</b>  <b>Panini/Jacket Potato</b> – With assorted fillings and salad	<b>Home baked muffin</b>  or  <b>Fruit Jellies</b>
<b>Thursday</b>	
<b>Roast Chicken</b> – served with Yorkshire pudding <b>Roast Vegetable Lattice Bake</b> <b>Sandwich/Jacket Potato</b> – With assorted fillings and salad	<b>Fruit Yoghurt</b>  or  <b>chocolate Sponge and mint Custard</b>
<b>Friday</b>	
<b>Bread crumbed Cod Fish Fingers</b> – Rich in Omega 3 <b>Vegetable Falafel</b> <b>Panini/Jacket Potato</b> – With assorted fillings and salad	<b>Strawberry Ice Cream</b>  or  <b>Fruit Yoghurt</b>
<b>All main meals are accompanied by hot seasonal vegetables, or fresh salad items, and either potatoes, rice, pasta, chapattis, or naan bread, as appropriate. In addition, bread and fresh fruit will be available daily.</b>	



*Schools Awards*  
*Outstanding School Dinners*  
 2010



*Schools Awards*  
*Healthy Eating Award*  
 2011