

## CALSHOT ACTIVITIES CENTRE MENU WEEK 1, 2008d

All our food is from Hampshire County Council approved and inspected suppliers, much of it sourced within Hampshire and additive free. It also complies with statutory requirements for meals served to schools ("Healthy Eating") being low fat, sugar, salt.

	LUNCH	EVENING MEAL
<b>MON</b>	Beef Bolognese or Pollock bake or (V) Vegetable risotto. WITH Pasta, Sweet corn and Garden peas	Pork chops or Paprika chicken or (V) Courgette bake. WITH Mashed potato, Green beans and Carrots
<b>TUES</b>	Baguettes, filled with Ham or (V) Cheese, or Cod on bacon and leek or (V) Bean goulash. WITH Jacket potato, Baked beans and Broad beans	Roast beef or Chicken breast or (V) Vegetable cottage pie. WITH Roast Potatoes or Noodles, Sprouts and Swede
<b>WED</b>	Ham pizza or Mackerel bakes or (V) Mushroom pepper pizza WITH New potatoes, Mixed vegetables and Green beans	Chicken curry or Organic pork meatballs or (V) Vegetable curry. WITH Brown rice, Cauliflower and Green cabbage
<b>THUR</b>	Chicken wraps or Tuna in pasta or (V) Vegetable rice. WITH Cheesy mash, Carrots and Chickpeas	(V) Macaroni cheese or (V) Vegetable cobbler or (V) Veggieburger. WITH Chips, Broccoli and Butter beans
<b>FRI</b>	Beef chilli or Chicken a la king or (V) Ratatouille (mains). WITH Jacket potato or Brown rice, Ratatouille and Processed peas	Friday night, Saturday and Sunday meals will be selected from the above or the other two weekly menus. Sauce & condiment sachets available to adults on request

### Desserts

Available with all lunch and evening meals, varying selection daily.

### Extra courses and alternative choices

Brown and white bread and a selection of fresh fruit are available in addition to all the above meals, or as further choices. Salad vegetables are available as yet further choices every lunch-time, cheese, ham or tuna salads every evening.

### Breakfast

Grilled bacon daily, Tuesday boiled or scrambled egg with tomatoes, Wednesday omelette or scrambled with baked beans, Thursday boiled or scrambled with mushrooms, Friday omelette or scrambled with tomatoes, plus self serve brown and white toast, cereals, fresh fruit, pure fruit juice, tea, coffee, chilled water.