

CALSHOT ACTIVITIES CENTRE MENU WEEK 3, 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
MON	Sweet and Sour chicken or Mackerel bakes or (V) Vegetable Mornay. WITH Brown rice, Sweet corn and Garden peas	Pork chop or Beef cottage pie or (V) Cauliflower & Broccoli bake. WITH Jacket potato, Processed peas and Carrots
TUES	Baguettes, filled with Turkey or (V) Cheese, or Spaghetti with ham & tomato or (V) Vegetable Rice. WITH Jacket potato, Runner beans and Mixed vegetables	Roast beef or Barbeque chicken or (V) Veggy stir fry. WITH Roast or New potatoes Sprouts and Swede
WED	Beany beef thatch or Chicken wraps or (V) Cheese wraps. WITH Onion & potato gratin, Carrots and Cauliflower	Cod bake with sauce or Chicken casserole or (V) Courgette bake. WITH Mashed potato, Mixed vegetables and Chickpeas
THUR	(V) Vegetable pasta bolognese or (V) Macaroni cheese or (V) Vegetable chilli mince. WITH Jacket potato, Broccoli and Carrots	Organic burger in a bun or Pollock bakes or (V) Ratatouille (main). WITH Chips, Ratatouille and Baked beans
FRI	Chicken lasagne or (V) Veggyburger or (V) Vegetable noodles. WITH Croquet potatoes, Cauliflower and Butter beans	Friday night, Saturday and Sunday meals will be selected from the above or the other two weekly menus. Sauce and 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.