

WEEK ONE



02/09/13, 23/09/13, 14/10/13, 11/11/13, 02/12/13

MON	TUES	WED	THURS	FR
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Cheese & Tomato Quiche (V)	Roast Beef	Chicken Curry	Beef Meatballs in Tomato Sauce	Battered Fish
Cheese & Tomato Quiche (v)	Roast Beef	Chicken Curry	Vegetarian Shepherd's Pie with Lentils	
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Broccoli Savoy Cabbage Mixed Salad Saute Potatoes	Carrots Peas Parsley Potatoes Mashed Potato	Cauliflower Green Beans Mixed Salad Rice	Broccoli Carrots Mixed Salad Noodles	Peas Swede, Carrots & Parsnip Mixed Salad Chips
Dessert	Dessert	Dessert	Dessert	Dessert
Chocolate Berry Sponge & Chocolate Sauce Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Apple Cinnamon Crunchy Crumble & Custard Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Rice Pudding with Peaches Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Apricot Bar & Custard Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Pineapple Upside-Down Pudding & Custard Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes

Upper Wharfedale

LOCAL, FRESH, HEALTHY, TASTY

WEEK TWO



09/09/13, 30/09/13, 21/10/13, 18/11/13, 09/12/13

MON	TUES	WED	THURS	FR.
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Roast Chicken & Gravy	Macaroni Cheese & Garlic Bread (V) Vegetable & Bean Pasta Bake	Chicken Curry Vegetarian Lasagne	Minced Beef Pie & Gravy I	Sausage
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Broccoli Swede Mixed Salad Roast Potato	Peas Cauliflower Mixed Salad Wedges	Broccoli Carrots Mixed Salad Roast Potatoes Rice	Savoy Cabbage Medley of Vegetables Mixed Salad Creamed Potatoes	Peas Carrots Mixed Salad Chips
Dessert	Dessert	Dessert	Dessert	Dessert
Apple Flapjack Pudding & Custard Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Pear & Chocolate Fudge Pudding & Custard Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Fresh Fruit Salad with Yoghurt Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Treacle & Sultana Sponge & Custard Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Oaty Rhubarb Crumble & Custard Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes

Upper Wharfedale

LOCAL, FRESH, HEALTHY, TASTY



WEEK THREE



16/09/13, 07/10/13, 04/11/13, 25/11/13, 16/12/13

MON	TUES	WED	THURS	FR.
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Hot Beef Baguette	Roast Pork	Chicken Curry	Tex Mex Bake	Battered Fish
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
	Chinese Stir Fry Noodles	Cheese & Tomato Pizza	Cauliflower & Lentil Curry	Macaroni Cheese
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Broccoli Carrots Mixed Salad Jacket Wedges	Peas Red Cabbage Mixed Salad Potato Wedges	Broccoli Swede, Carrots & Parsnip Mixed Salad Rice	Sweetcorn Green Beans Mixed Salad Rice	Peas Broccoli Mixed Salad Chips
Dessert	Dessert	Dessert	Dessert	Dessert
Sticky Date & Apple Bars & Custard	Oaty Peach & Apricot Crumble & Custard	Fruity Gingerbread & Custard	Forest Fruit Crumble Slice & Custard	Chocolate Banana Sponge & Custard
Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes	Fresh Fruit Salad Selection of Yoghurts & Fresh Fruit Traybakes

Upper Wharfedale

LOCAL, FRESH, HEALTHY, TASTY