

Ladybridge Secondary School Menu 2009/10

Week 1



Monday	Tuesday	Wednesday	Thursday	Friday
Pork Meatballs in Pepper Sauce	Chicken Tikka	Oven Baked Sausages	Sweet and Sour Chicken	Battered Fish
Home made Cheese Flan Chilled Pasta Salad Box Assorted Sandwiches	Home made Lasagne Chilled Pasta Salad Box Assorted sandwiches	Home made Meat Pie Chilled Pasta Salad Box Assorted Sandwiches	Vegetable Samosa Chilled Pasta Salad Box Assorted Sandwiches	Home made Pizza Chilled Pasta Salad Box Assorted Sandwiches
Boiled Rice Baked Potato Bread Selection	Boiled Rice Jacket Wedges Bread Selection	Mashed Potatoes Baked Potatoes Bread Selection	Boiled Rice Baked Potatoes Bread Selection	Chipped Potatoes Baked Potatoes Bread Selection
Sweetcorn Baked Beans English Side Salad	Mixed Vegetables Baked Beans English Side Salad	Garden Peas & Carrots Baked Beans English Side Salad	Cauliflower Baked Beans English Side Salad	Mushy Peas Baked Beans English Side Salad
Tandoori Chicken Joes	Pasta Arrabiata	Pasta Pomodoro	Pasta Basilico	Cajun Chicken Joes
Chocolate Sponge and Chocolate Sauce Coconut Biscuit Fruit Yoghurt	Fruit Crumble and Custard Iced Sponge Fruit Yoghurt	Jam and Coconut Sponge and Custard Chocolate Shortbread Fruit Yoghurt	Fruit Cheesecake Chocolate Pear Muffin Fruit Yoghurt	Rice Pudding and Jam Raisin Oat Cookie Fruit Yoghurt
Fresh Fruit Fresh Fruit Box	Fresh Fruit Fresh Fruit Box	Fresh Fruit Fresh Fruit Box	Fresh Fruit Fresh Fruit Box	Fresh Fruit Fresh Fruit Box
Chilled Milk Bottled Water Fresh Fruit Juice	Chilled Milk Bottled Water Fresh Fruit Juice	Chilled Milk Bottled Water Fresh Fruit Juice	Chilled Milk Bottled Water Fresh Fruit Juice	Chilled Milk Bottled Water Fresh Fruit Juice

Ladybridge Secondary School Menu 2009/10

Week 2



Protein

Combined Protein and Starchy Carbohydrates

Starchy Carbohydrates

Vegetables

Chicken Joes Wrap or Pasta King

Desserts

Fresh Fruit

Beverages

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Korma	Bolognese Sauce	Sticky Chicken	Minced Beef Kheema	Battered Fish
Home made Shepherds Pie Chilled Pasta Salad Box Assorted Sandwiches	Home made Meat and Potato Pie Chilled Pasta Salad Box Assorted Sandwiches	Home made Vegetable Lasagne Chilled Pasta Salad Box Assorted Sandwiches	Home made Cheese Slice Chilled Pasta Salad Box Assorted Sandwiches	Home made Pizza Chilled Pasta Salad Box Assorted Sandwiches
Boiled Rice Baked Potato Bread Selection	Spaghetti Baked Potato Bread Selection	Boiled Rice Baked Potato Bread Selection	Boiled Rice Baked Potato Bread Selection	Chipped Potatoes Baked Potato Bread Selection
Broccoli Baked Beans English Side Salad	Garden Peas Baked Beans English Side Salad	Sweetcorn Baked Beans English Side Salad	Mixed Vegetables Baked Beans English Side Salad	Mushy Peas Baked Beans English Side Salad
Pasta Pomodoro	Arrabiata Pasta	Vegetable Bolognese	BBQ Chicken Joes	Basilico Pasta
Apple Pie and Custard Lemon Shortbread Fruit Yoghurt	Marble Sponge and Custard Chocolate Brownie Fruit Yoghurt	Fruit Cheesecake Ginger Biscuit Fruit Yoghurt	Chocolate Sponge and Chocolate Sauce Flapjack Fruit Yoghurt	Syrup sponge and Custard Oat Biscuit Fruit Yoghurt
Fresh Fruit Fresh Fruit Box	Fresh Fruit Fresh Fruit Box	Fresh Fruit Fresh Fruit Box	Fresh Fruit Fresh Fruit Box	Fresh Fruit Fresh Fruit Box
Chilled Milk Bottled Water Fresh Fruit Juice	Chilled Milk Bottled Water Fresh Fruit Juice	Chilled Milk Bottled Water Fresh Fruit Juice	Chilled Milk Bottled Water Fresh Fruit Juice	Chilled Milk Bottled Water Fresh Fruit Juice