

SMART LIFESTYLE






SPRING SUMMER 2016

WEEK 2 commencing

LOCHARDIL

A selection of bread from the bread basket and milk, water or fruit cordial are included as part of our lunch meal.

22nd August, 19th September

Monday	Tuesday	Wednesday	Thursday	Friday*
				
Chicken Fillet Bites with cook's potatoes or GRAB & GO TUNA WRAP	Homemade Sausage Roll & Beans or GRAB & GO CHEESE ROLL (v)	Beef or Venison Burger or GRAB & GO HAM BAGUETTE	Pasta Bolognese or GRAB & GO TUNA WRAP	Cod Bites ^{MSC} with Cook's Potatoes or GRAB & GO CHEESE ROLL (v)
Seasonal Vegetables Salad Selection Fruit Sorbet	Seasonal Vegetables Salad Selection Cook's Homebaking	Seasonal Vegetables Salad Selection Cook's Homebake & Milkshake	Seasonal Vegetables Salad Selection Angel Delight	Seasonal Vegetables Salad Selection Fruity Friday
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection

Children's favourites made with healthier ingredients

SMART LIFESTYLE






SPRING SUMMER 2016

WEEK 3 commencing

LOCHARDIL

These menus have been nutritionally analysed and approved by our dietitian

29th August, 26th September

Monday*	Tuesday	Wednesday	Thursday*	Friday*
				
Macaroni Cheese (v) or GRAB & GO HAM BAGUETTE	Butchers Hot Dog Roll or GRAB & GO TUNA WRAP	Cook's Chicken Curry & Rice or GRAB & GO CHEESE ROLL (v)	Cook's Homemade Beef Stew with Mashed Potatoes or GRAB & GO HAM BAGUETTE	Pizza (v) or GRAB & GO TUNA WRAP
Seasonal Vegetables Salad Selection Ice Cream & Fruit	Seasonal Vegetables Salad Selection Cook's Homebaking	Seasonal Vegetables Salad Selection Cook's Homebake & Milkshake	Seasonal Vegetables Salad Selection Angel Delight	Seasonal Vegetables Salad Selection Fruity Friday
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection

Children's favourites made with healthier ingredients