

LUNCH MENU

TONBRIDGE SCHOOL

Week Ending: 02nd February 2008

MONDAY

Beef Bourguignonne
served with Green Cabbage
and New Potatoes

or

The Salad Bar
Vegetarian Stew

Fresh Cream Profiteroles
served with Chocolate sauce
Choice of Fresh Fruit

WEDNESDAY

Roast Pork
served with Gravy, Roast Potatoes
Leeks, Broccoli and Apple sauce

or

The Salad Bar
Vegetarian Pastry

Chocolate Sponge Pudding
served with Chocolate Custard
Choice of Fresh Fruit

FRIDAY

Healthy Option

Fresh Salmon Fillet
with a Cream and Chive sauce
Green Beans & Minted New
Potatoes

or

The Salad Bar
Vegetarian Option

Cook's Baked Alaska
with Raspberry sauce
Choice of Fresh Fruit

TUESDAY

Chicken Breast
in a White Wine & Leek sauce
served with Cauliflower Florets
Sweet corn Kernels and
Jacket Potatoes

or

The Salad Bar
Cook's Vegetarian Kiev

Belgian Sweet Waffles served with
Vanilla Ice Cream & Maple Syrup
Choice of Fresh Fruit

THURSDAY

Lamb Pasanda Curry
served with Boiled Rice
Onion Bhajis, Naan Bread

or

The Salad Bar
Vegetarian Curry with Boiled Rice

Fresh Fruit Mousse
with Shortbread Fingers
Choice of Fresh Fruit

SATURDAY

Homemade Soup of the Day
served with Crusty Rolls
and
Chicken Fillets
coated in Spices served in Wraps
with Cheesy Jacket Potatoes
and Mixed Salad

Chocolate Whirl
Choice of Fresh Fruit
Low Fat Yoghurts

