



# The Compass School, Haddington

## Typical Three Week Lunch Menu . Autumn Term 2012

Week 1	Monday	Tuesday	Wednesday	Thursday
Main Course	Oven baked Fish Fingers with Mashed Potatoes	Mince and Boiled Potatoes (or Shepherds Pie)	Roast Chicken Pie and Potatoes	Vegetable Pasta or Macaroni Cheese
Vegetable	Carrots and Broccoli	Broccoli and Spinach	Cauliflower and Sweetcorn	Sweetcorn and Carrots
Salad	Cherry tomatoes, sliced cucumber and mushrooms.	Carrot sticks, peppers and celery sticks.	Cherry tomatoes, sliced cucumber mushrooms.	Carrot sticks, peppers and celery sticks.
Pudding	Iced Sponge; Fresh Fruit, Yoghurts and Fromage Fraise.	Jelly and Fruit; Fresh Fruit, Yoghurts and Fromage Fraise	Fresh Fruit Salad; Fresh Fruit, Yoghurts and Fromage Fraise	Rice Pudding; Fresh Fruit, Yoghurts and Fromage Fraise
Week 2	Monday	Tuesday	Wednesday	Thursday
Main Course	Chicken in sauce with boiled rice	Soup and Sandwiches or Vegetable Lasagne	Roast Pork with Boiled Potatoes	Spaghetti Bolognese or Lasagne
Vegetable	Carrots and sweetcorn	Spinach and Cauliflower (not with soup)	Broccoli and Carrots	Sprouts and Cauliflower
Salad	Selection of cherry tomatoes, sliced cucumber and mushrooms.	Selection of carrot sticks, peppers and celery sticks.	Selection of cherry tomatoes, sliced cucumber and mushrooms.	Selection of carrot sticks, peppers and celery sticks.
Pudding	Fresh Fruit and Custard; Yoghurts and Fromage Fraise.	Chocolate Sponge; Fresh Fruit, Yoghurts and Fromage Fraise.	Seasonal Fruit Flan; Fresh Fruit, Yoghurt and Fromage Fraise.	Sticky Toffee Pudding with Custard; Fresh Fruit, Yoghurts and Fromage Fraise.
Week 3	Monday	Tuesday	Wednesday	Thursday
Main Course	Salmon Fishcakes and Rice	Steak Pie and mashed potatoes (or Stew & Mash)	Baked Potatoes with selection of fillings	Roast Beef and Roast or Sauted Potatoes
Vegetable	Broccoli and Carrots	Carrots and Cauliflower	Salad	Cauliflower and Broccoli
Salad	Selection of carrot sticks, peppers and celery sticks	Selection of cherry tomatoes, sliced cucumber and mushrooms.	Selection of carrot sticks, peppers and celery sticks	Selection of cherry tomatoes, sliced cucumber and mushrooms.
Pudding	Sultana Square with custard; Fresh Fruit, Yoghurts and Fromage Fraise.	Jelly and Fruit; Fresh Fruit, Yoghurts and Fromage Fraise.	Fruit Crumble; Fresh Fruit, Yoghurts and Fromage Fraise.	Banana Caramel Tart; Fresh Fruit, Yoghurts and Fromage Fraise.