



Menu 2008/2009 - Jacket Potatoes, Salads, Yoghurt, Fresh Fruit and Cheese & Crackers

Home Made Soup with a Filled Bread Roll are also available

FOR ANY FURTHER INFORMATION PLEASE GO TO: www.wrexham.gov.uk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<p>Chicken Korma Nan Bread or Fish fillet fingers</p> <p>Boiled Rice or Potato Wedges Mixed Vegetables</p> <p>Milk Shake and Krispie Cake</p>	<p>Spaghetti Bolognese or Filled Omelette</p> <p>Sauté Potato</p> <p>Salad or Broccoli</p> <p>Fruity Flap Jack with Fresh Orange Juice</p>	<p>Baked Sausages in Gravy or Jambalaya Rice</p> <p>Creamed Potatoes Carrot & Swede mash</p> <p>Orange Muffin</p>	<p>Baked Gammon with Pineapple or Pasta Bake with Garlic Bread</p> <p>Creamed & Roast Potato</p> <p>Carrots & Cauliflower</p> <p>Fruit Sponge and Custard</p>	<p>Vegetable Pizza Supreme or Fajita</p> <p>Chips Salad & Coleslaw</p> <p>Fruit Yoghurt</p>
2	<p>Italian Chicken Pasta or Alaskan Fish Fillet</p> <p>Sauté Potatoes Sweetcorn & Peas</p> <p>Iced Buns</p>	<p>Chilli Con Carne with Rice and Nachos or French Bread Pizza ½ Jacket Potato</p> <p>Mixed Salad with Coleslaw</p> <p>Fruity Jelly with fruit mousse</p>	<p>Lamb and Mint Grill or Chicken Curry with Rice</p> <p>Potato Wedges</p> <p>Peas & Carrots</p> <p>Hearty Fruit Crumble with Custard</p>	<p>Pork Loin Steak with Apple Sauce or Home Made Vegetable Flan</p> <p>Creamed & Roast Potatoes Green Beans</p> <p>Fruit Muffin Medley</p>	<p>Welsh Beef Grill served in a Bun or Crunchy Crumb Fillet of Fish</p> <p>French Fries</p> <p>Mushy Peas or Salad</p> <p>Fruit Smoothie</p>
3	<p>Pork Meatballs in Sauce or Mediterranean Soup with a filled Rustic Bread Roll fillings: Egg, Cheese, Ham or Tuna</p> <p>Creamed Potatoes Pasta Salad or Broccoli</p> <p>Fruit Medley with Welsh Vanilla Ice Cream</p>	<p>Big Brunch Grill (bacon, sausage or burger) Hash Browns Baked Beans Scrambled Egg Grilled Tomatoes or Vegetable Bake</p> <p>Fruit filled Swiss Roll</p>	<p>Shepherd's Pie or Tomato & Basil Pasta Bake with Crusty Bread Mixed Salad Farmhouse Vegetables</p> <p>Chocolate Sponge and Chocolate Sauce</p>	<p>Roast Beef with Yorkshire Pudding or Filled Wraps</p> <p>Creamed & Roast Potatoes Carrots & Broccoli Salad & Coleslaw</p> <p>Fruity Rice Pudding</p>	<p>Breaded Salmon Fillet</p> <p>Chicken Tikka in a yoghurt dressing with Salad on a Sub roll</p> <p>Chips Salad & Hawaiian Coleslaw</p> <p>Oaty Cookie with Milk Shake</p>