

## Starjumps Autumn/Winter Lunch Menu 2011/2012

Please circle which meal you'd like your child to have for lunch at Starjumps.  
As we alternate meals on a 3-week rota, please choose a meal for each session they attend.  
Thank you.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week One</b>	Tuna Pasta Bake with vegetables  Penne pasta in tomato sauce with vegetables  Strawberry Mousse	Chicken Tikka with rice and vegetables  Chickpea curry with rice and vegetables  Vanilla Ice Cream	Roast Pork with roast potatoes and vegetables  Roast Quorn with roast potatoes and vegetables  Semolina	Shepherds Pie with vegetables  Vegetarian Shepherds Pie with vegetables  Apple Tart	Cod fish cakes with dill sauce, potato wedges and vegetables  Vegetarian Kiev with potato wedges and vegetables  Choc-Iced doughnut
<b>Week Two</b>	Meatballs with couscous and vegetables  Vegetarian meat balls with couscous and vegetables  Sorbet	Poached fish with sauté potatoes and vegetables  Cheesy bean bake with vegetables  Ginger sponge with custard	Crispy meat flan, croquette potatoes and vegetables  Country style vegetable crumble with vegetables  Trifle	Roast chicken with roast potatoes and vegetables  Cauliflower cheese with vegetables  Bread and butter pudding	Meat pizza with salad  Vegetarian pizza with salad  Blackcurrant cheesecake
<b>Week Three</b>	Chicken burger in a bun with chips and vegetables  Vegetarian burger in a bun with chips and vegetables  Eves pudding and custard	Mince beef pasitio with garlic bread and salad  Macaroni cheese with garlic bread and salad  Oat chocolate cookies	Sausage casserole with new potatoes and vegetables  Vegetarian sausage with new potatoes and vegetables  Rice pudding	Spaghetti bolognaise with vegetables  Quorn spaghetti bolognaise with vegetables  Raspberry blancmange	Grilled salmon with salsa sauce, croquette potatoes and vegetables  Vegetarian nuggets, croquette potatoes and vegetables  Ice cream and fruit coulis

