



## Simon Langton Grammar School for Boys

Menu 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Chicken Kebab With Cous Cous -o0o- Macaroni Cheese Bites (v)	Chilli Con Carne -o0o- Vegetable Curry (v)	Sausages -o0o- Vegetable Sausages (v)	Roast Beef -o0o- Vegetarian Quiche (v)	Crisp Battered Cod -o0o- Homemade Pizza (v)
Vegetables	Savoury Potatoes Green Salad	Boiled Rice Cheese Garlic Bread	Mashed Potato Onion Gravy Baked Beans	Roast Potatoes Mixed Vegetables Carrots	Chipped Potatoes Garden Peas
Jackets	Cheese, Tuna, Reduced Salt & Sugar Baked Bean, Low Cal Mayonnaise				
Pasta	Tomato & Herb Sauce	Tomato Sauce	Italian Tomato Sauce	Chunky Tomato Sauce	Spicy Tomato Sauce
Desserts	Strawberry Waffle with Cream	Chocolate Sponge with Chocolate Sauce	Syrup Sponge with Custard	Lemon Pancakes	Apricot Flapjack with Custard

