

Kerem School



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Schnitzel New Potatoes	Turkey Balls Rice	Fish Fingers Or Salmon Potato Balls	Roast Beef Rice	Soya Rolls, Tuna & Jacket Potatoes
Vegetarian Option	Vegetarian Schnitzel	Vegetarian Meat Balls	Vegetarian Soya Rolls	Vegetarian Sausage Rolls	_____
Hot Vegetable	Baby Carrots	Broccoli	Sweetcorn	Green Beans	Baked Beans
Alternative Meals	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Hard boiled eggs
Salad of the day	Coleslaw Salad	Potato Salad	TCP and Avocado Salad	Pasta Salad	Rice Salad
Daily vegetables	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Olives	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Olives	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers
Sandwiches Available	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami
Dessert	A selection of fresh fruit	Pound Cake A selection of fresh fruit	Pineapple Wedges A selection of fresh fruit	Cup Cakes A selection of fresh fruit	Mandarins A selection of fresh fruit



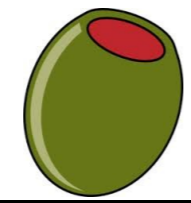


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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Salmon Teriyaki Couscous 	Chicken Strips, Pitta Bread, Humous & Pasta	Chicken Hot Dogs Mashed Potato	Spaghetti Bolognaise	Vegetarian Schnitzel Potato wedges
Vegetarian Option	Vegetarian Nuggets	Falafel	Vegetarian Hot Dogs	Vegetarian Bolognaise 	
Hot Vegetable	Sweetcorn	Roasted Vegetables (peppers and baby corn) 	Green Beans	Peas	Mixed Vegetables 
Alternative Meals	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs 	Pasta Jacket Potato Tuna Hard boiled eggs
Salad of the day	Waldorf Salad 	TCP Salad	Potato Salad 	Red Cabbage Salad	Carrot Salad
Daily vegetables	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Olives	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers 	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Olives	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers
Sandwiches Available	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami
Dessert	Granola Biscuits A selection of fresh fruit 	Melon & Grapes A selection of fresh fruit 	Apple Crumble & Custard A selection of fresh fruit	A selection of fresh fruit 	Rice Krispies A selection of fresh fruit





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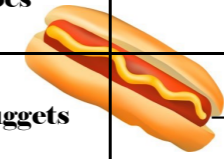









Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Burgers Couscous	Chicken Schnitzel New Potatoes	Meat Balls & Rice	Fish Fingers or Salmon Mashed Potato	Soya Rolls, Tuna & Pasta
Vegetarian Option	Vegetarian Burgers	Vegetarian Schnitzel	Vegetarian Meat Balls	Vegetarian Nuggets	_____
Hot Vegetable	Baby Carrots	Broccoli	Sweetcorn	Peas	Potatoes with Baked Beans
Alternative Meals	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Hard boiled eggs
Salad of the day	Sweet Cabbage Salad	Couscous Salad	Potato Salad	TCP & Advacado Salad	Rice Salad
Daily vegetables	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Olives	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Olives	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers
Sandwiches Available	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami
Dessert	A selection of fresh fruit	Carrot Cake A selection of fresh fruit	Pineapple Wedges A selection of fresh fruit	Yeast Cake A selection of fresh fruit	A selection of fresh fruit





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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Spaghetti Bolognaise 	Roast Chicken Three Sauces Couscous	Roast Turkey Rice	Salmon Teriyaki New Potatoes	Vegetarian Schnitzel
Vegetarian Option	Vegetarian Bolognaise	Vegetarian Balls	Vegetarian Soya Rolls	Vegetarian Nuggets 	
Hot Vegetable	Peas	Carrots 	Green Beans	Sweetcorn	Mixed Vegetables 
Alternative Meals	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs	Pasta Jacket Potato Tuna Hard boiled eggs 	Pasta Jacket Potato Tuna Hard boiled eggs 
Salad of the day	Beetroot and Apple Salad 	TCP Salad	Pea Salad 	Red Cabbage Salad	Potato and Chives Salad
Daily vegetables	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Olives	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Olives	Cucumbers, Peppers, Sweetcorn, Carrots, Cherry Tomatoes Pickled cucumbers
Sandwiches Available	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami	Smoked Salmon, Egg, Tuna, Meat Salami, Vegetarian Salami
Dessert	Cup Cakes A selection of fresh fruit 	Melon & Grapes A selection of fresh fruit 	Swiss Roll A selection of fresh fruit	A selection of fresh fruit 	Rice Krispies A selection of fresh fruit

