

MENU 2010-2011 WEEK 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Event	Baked Sausages 35p each Chicken Rogan Josh £1.40 Vegetarian Curry £1.40	Beef Lasagne £1.20 Vegetarian Lasagne £1.20 Cheese & Tomato Pizza 80p	Roast Beef £1.20 Chicken £1.10 Quorn Veggie Toad in the Hole £1.10	Beef Hot Pot £1.20 Meatballs Provençal & Pasta £1.50 Macaroni Cheese & Leeks £1.20	Breaded Salmon Fillet 70p Smartcrumb Pollack Fillets 80p Beef & Spinach Curry £1.10 Omelette 40p
Carbohydrates	Mashed Potato 60p Boiled Rice 40p 1/2 Naan Bread 30p	Garlic Bread 60p Spicy Wedges 90p	Roast Potatoes 60p Mashed Potatoes 60p Yorkshire Pudding 20p	Pasta Twists 70p	Boiled Rice 40p Chips 90p
Vegetables, Pulses & Sides	Baked Beans 50p Green Beans 40p Tomato & Onion Riata 20p Cucumber & Mint Riata 20p	Broccoli 40p Coleslaw 25p Baked Beans 50p	Apple Stuffing 20p Sweet Corn 40p Carrots Roundels 40p Gravy 20p	Red Cabbage 40p Roasted Vegetables 40p Baked Beans 50p	Mushy Peas 40p Garden Peas 40p Curried Beans 50p Baked Beans 50p
Pasta with Sauce	Chicken Tikka £1.70 Beef Bolognese £1.70	Pomodoro £1.70 Chilli Beef £1.70	Beef Bolognese £1.70 Chicken Tikka £1.70	Pomodoro £1.70 Chilli Beef £1.70	Beef Bolognese £1.70 Chicken Tikka £1.70
Jacket Potato from 70p	Rogan Josh £1.80 Baked Beans £1.20 Cheese, Tomatoes & Chives £1.30 Tuna, Sweet Corn & Pepper £1.30	Bolognese £1.80 Baked Beans £1.20 Cheese, Tomatoes & Chives £1.30 Tuna, Sweet Corn & Pepper £1.30	Sausage & Beans £1.40 Baked Beans £1.20 Cheese, Tomatoes & Chives £1.30 Tuna, Sweet Corn & Pepper £1.30	Meatballs £1.55 Baked Beans £1.20 Cheese, Tomatoes & Chives £1.30 Tuna, Sweet Corn & Pepper £1.30	Beef Keema £1.40 Baked Beans £1.20 Cheese, Tomatoes & Chives £1.30 Tuna, Sweet Corn & Pepper £1.30

SELECTION OF SANDWICHES, WRAPS & ROLLS FROM £1.30

Light Bites	Crispy Chicken in a Bun with Salad £1.50 Double Decker Veggie Stacker £1.20 Tomato Soup 60p	Theo's Wrap served with various fillings £1.70 Vegetable Soup 60p	Cheese & Tomato Panini £1.30 Beef Quarter Pounder & Salad in a Bun £1.50 Chicken Noodle Soup 60p	Theo's Wrap served with various fillings £1.70 Carrot & Coriander Soup 60p	Sweet Chilli Chicken Pannini £1.30 Med Roasted Veg Panini £1.30 Mushroom & Veg Soup 60p
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Desserts & Fresh Fruit	Pear & Chocolate Crumble 70p with Custard 80p Gingerbread & Apple Muffins 50p Assorted Fruit Yoghurt 85ml 35p / 125ml 50p Fresh Fruit 40p Apple & Grape Bag 40p Orange Cookie 40p	Hot Chocolate Fudge Cake 70p Fruity Iced Finger 55p Assorted Fruit Yoghurt 85ml 35p / 125ml 50p Fresh Fruit 40p Apple & Grape Bag 40p Treacle Flapjack 60p	St Clements' Cake 70p with Custard 80p Gingerbread 40p Assorted Fruit Yoghurt 85ml 35p / 125ml 50p Fresh Fruit 40p Apple & Grape Bag 40p Ginger Biscuits 40p	Bakewell Tart 70p with Custard 80p Chocolate Muffin 50p Fresh Fruit 40p Assorted Fruit Yoghurt 85ml 35p / 125ml 50p Apple & Grape Bag 40p Fruity Oat Cookies 40p	Date & Apple Bar 60p Rice Pudding 50p Assorted Fruit Yoghurt 85ml 35p / 125ml 50p Fresh Fruit 40p Apple & Grape Bag 40p Oaty Chocolate Cookies 40p
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Help yourself Salad Bar available daily.
Selection of drinks available daily - see price list for details
All Meal Deals = Value of a School Meal

For more information visit www.yougo4it.co.uk/stockport

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www.yougo4it.co.uk



Just Eat More (fruit & veg)

K Vegetarian
E Home Style
Y Vegetarian & Homestyle

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Meal Deal of the day from £1.80

MENU 2010-2011 WEEK 2



WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Event	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken & Green Lentil Balti £1.40 Quorn Tikka £1.70  Shepherd's Pie £1.30	Cheese & Tomato Pizza 80p Italian Chicken £1.20 Tuna Pasta Bake £1.20	Roast Beef £1.20 Roast Pork £1.20 Vegetable Country Bake 50p	Minced Beef & Onion Pie £1.00 Cheese & Onion Quiche 70p Sweet & Sour Chicken £1.40	Breaded Salmon Fillet 70p Smartcrumb Pollack Fillets 80p Chilli Con Carne £1.10
Carbohydrates	Boiled Rice 40p 1/2 Naan Bread 30p	Garlic Bread 60p Spicy Wedges 90p	Roast Potatoes 60p Mashed Potatoes 60p Yorkshire Pudding 20p	Egg Noodles 80p Spiral Croquettes 70p	Chips 90p Boiled Rice 40p
Vegetables, Pulses & Sides	Sweet Corn 40p Sliced Beetroot 25p Tomato & Onion Riata 20p Cucumber & Mint Riata 20p	Ratatouille 40p Baked Beans 50p	Carrots & Swede Batons 40p Baked Beans 50p Apple Stuffing 20p Gravy 20p	Broccoli 40p Baked Beans 50p	Mushy Peas 40p Garden Peas 40p Baked Beans 50p
Pasta with Sauce	Chicken Tikka £1.70 Beef Bolognese £1.70	Pomodoro £1.70 Chilli Beef £1.70	Beef Bolognese £1.70 Chicken Tikka £1.70	Pomodoro £1.70 Chilli Beef £1.70	Beef Bolognese £1.70 Chicken Tikka £1.70
Jacket Potato from 70p	Chicken & Green Lentil Balti £1.80 Baked Beans £1.20 Tuna, Sweet Corn & Pepper £1.30 Cheese, Tomatoes & Chives £1.30	Italian Chicken £1.80 Baked Beans £1.20 Tuna, Sweet Corn & Pepper £1.30 Cheese, Tomatoes & Chives £1.30	Sausage & Beans £1.40 Baked Beans £1.20 Tuna, Sweet Corn & Pepper £1.30 Cheese, Tomatoes & Chives £1.30	Savoury Mince £1.30 Baked Beans £1.20 Tuna, Sweet Corn & Pepper £1.30 Cheese, Tomatoes & Chives £1.30	Chilli Beef £1.40 Baked Beans £1.20 Tuna, Sweet Corn & Pepper £1.30 Cheese, Tomatoes & Chives £1.30

SELECTION OF SANDWICHES, WRAPS & ROLLS FROM £1.30

Light Bites	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Crispy Chicken in a Bun with Salad £1.50 Double Decker Veggie Stacker £1.20 Tomato & Vegetable Soup 60p	Theo's Wrap served with various fillings £1.70  Minestrone Soup 60p	Cauliflower & Broccoli Bake £1.20 Cheese & Tomato Panini £1.30 Chicken Tikka Pannini £1.30  Lentil Soup 60p	Theo's Wrap served with various fillings £1.70  Leek, Onion & Potato Soup 60p	Vegetarian Sausage Roll 80p Cheese & Onion Panini £1.30  BBQ Chicken Pannini £1.30  Curried Parsnip & Apple Soup 60p

Desserts & Fresh Fruit	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Apple & Cinnamon Crumble 70p with Custard 80p Chocolate Crunch 60p Assorted Fruit Yoghurt 85ml 35p / 125ml 50p Fresh Fruit 40p Apple & Grape Bag 40p Anzac Biscuits 40p	Tiramisu 40p Banana Muffins 50p Assorted Fruit Yoghurt 85ml 35p / 125ml 50p Fresh Fruit 40p Apple & Grape Bag 40p Treacle Flapjack 60p	Chocolate & Orange Sponge 70p with Custard 80p Oaty Apple Slice 60p Assorted Fruit Yoghurt 85ml 35p / 125ml 50p Fresh Fruit 40p Apple & Grape Bag 40p Spicy Biscuits 40p	Carrot Cake 70p with Custard 80p Fruity Oat Cookies 40p Assorted Fruit Yoghurt 85ml 35p / 125ml 50p Fresh Fruit 40p Apple & Grape Bag 40p Abbey Crunch 40p	Cornflake Tart 70p with Custard 80p Rice Pudding 50p Assorted Fruit Yoghurt 85ml 35p / 125ml 50p Fresh Fruit 40p Apple & Grape Bag 40p Cinnamon Oaty Biscuit 40p

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MENU 2010-2011 WEEK 3



WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Event

Cornish Pasty 60p
Chicken Korma £1.40
Sweet & Sour Quorn £1.50

Ham & Mushroom Pasta Bake £1.20
Vegetable Frittata £1.00
Cheese & Tomato Pizza 80p

Roast Beef £1.20
Chicken £1.10
Country Macaroni Cheese £1.20

Chicken & Vegetable Pie £1.00
Spicy Beef Pasta Bolognese £1.20
Cheese & Potato Bake £1.00

Breaded Salmon Fillet 70p
Fish Cakes with Sweet Chilli Dipping Sauce £1.00
Beef Pie or Beef Pudding £1.00
Home Style Battered Fish £1.00
Omelette 40p

Carbohydrates

Spiral Croquettes 70p
Boiled Rice 40p
1/2 Naan Bread 30p

Garlic Bread 60p
Mediterranean Spicy Wedges 90p

Quorn Sausage 50p
Roast or Mashed Potatoes 60p
Yorkshire pudding 20p Apple Stuffing

New Potatoes 60p

Chips 90p

Vegetables, Pulses & Sides

Baked Beans 50p
Green Beans 40p
Tomato & Onion Riata 20p
Cucumber & Mint Riata 20p

Fresh Roasted Vegetables 40p
Baked Beans 50p

Sweet Corn 40p
Peas 40p
Baked Beans 50p
Gravy 20p

Broccoli 40p
Baked Beans 50p

Mushy Peas 40p
Garden Peas 40p
Curried Beans or Baked Beans 50p

Pasta with Sauce

Chicken Tikka £1.70
Beef Bolognese £1.70

Pomodoro £1.70
Chilli Beef £1.70

Beef Bolognese £1.70
Chicken Tikka £1.70

Pomodoro £1.70
Chilli Beef £1.70

Beef Bolognese £1.70
Chicken Tikka £1.70

Jacket Potato from 70p

Chicken Korma £1.80
Baked Beans £1.20
Cheese, Tomatoes & Chives £1.30
Tuna, Sweet Corn & Pepper £1.30

Bolognese £1.80
Baked Beans £1.20
Cheese, Tomatoes & Chives £1.30
Tuna, Sweet Corn & Pepper £1.30

Sausage & Beans £1.40
Baked Beans £1.20
Cheese, Tomatoes & Chives £1.30
Tuna, Sweet Corn & Pepper £1.30

Meatballs £1.55
Baked Beans £1.20
Cheese, Tomatoes & Chives £1.30
Tuna, Sweet Corn & Pepper £1.30

Bolognese £1.80
Baked Beans £1.20
Cheese, Tomatoes & Chives £1.30
Tuna, Sweet Corn & Pepper £1.30

Light Bites

Cheese & Onion Pasty 60p
Crispy Chicken in a Bun with Salad £1.50
Double Decker Veggie Stacker £1.20
Tomato Soup 60p

SELECTION OF SANDWICHES, WRAPS & ROLLS FROM £1.30

Theo's Wrap served with various fillings £1.70
Vegetable Soup 60p

Cheese & Tomato Panini £1.30
Chicken Noodle Soup 60p

Theo's Wrap served with various fillings £1.70
Carrot & Coriander Soup 60p

Sweet Chilli Chicken Panini £1.30
Mediterranean Roasted Vegetable Panini £1.30
Mushroom & Vegetable Soup 60p

Desserts & Fresh Fruit

Home Style Marbled Sponge 70p with Custard 80p
Gingerbread & Apple Muffins 50p
Assorted Fruit Yoghurt 85ml 35p / 125ml 50p
Fresh Fruit 40p
Apple & Grape Bag 40p
Abbey Crunch 40p

Toffee Apple Crumble 70p with Custard 80p
Raspberry Buns 40p
Assorted Fruit Yoghurt 85ml 35p / 125ml 50p
Fresh Fruit 40p
Apple & Grape Bag 40p
Treacle Flapjack 60p

Macaroon Tart 70p with Custard 80p
Sticky Date Muffin 50p
Assorted Fruit Yoghurt 85ml 35p / 125ml 50p
Fresh Fruit 40p
Apple & Grape Bag 40p
Cinnamon Oaty Biscuits 40p

Iced Banana Cake 70p with Custard 80p
Chocolate & Apricot Brownie 50p
Fresh Fruit 40p
Assorted Fruit Yoghurt 85ml 35p / 125ml 50p
Apple & Grape Bag 40p
Spicy Biscuits 40p

Chocolate Crunch 60p
Fruity Iced Finger 55p
Fruit Jelly Pot 50p
Assorted Fruit Yoghurt 85ml 35p / 125ml 50p
Fresh Fruit 40p
Apple & Grape Bag 40p
Oaty Chocolate Cookies 40p

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