

RYDAL PREP SCHOOL MENU				WEEK 3
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SPANISH CHICKEN & CHORIZO SAUSAGE PARSLEY POTATOES FRESH BROCCOLI SALAD BAR HOME MADE APPLE PIE CUSTARD FRESH FRUIT ASSORTED YOGHURTS CHEESE & BISCUITS	COTTAGE PIE SEASONAL FRESH VEGETABLES GRAVY DUCHESSE POTATOES SALAD BAR ICE CREAM FRUIT JELLY FRESH FRUIT ASSORTED YOGHURTS CHEESE & BISCUITS	ROAST TURKEY STUFFING CRANBERRY SAUCE SAVOY CABBAGE ROAST POTATOES GRAVY SALAD BAR HOMEMADE BAKED SPONGE PUDDING CUSTARD FRESH FRUIT ASSORTED YOGHURTS CHEESE & BISCUITS	DEEP FRIED GOLDEN CHICKEN IN SWEET & SOUR SAUCE RICE PRAWN CRACKERS SALAD BAR LEMON & LIME TART OR CHOCOLATE TORTE HOT CHOCOLATE SAUCE FRESH FRUIT ASSORTED YOGHURTS CHEESE & BISCUITS	BAKED SALMON FISH CAKES FRENCH FRIES GARDEN PEAS OR MUSHY PEAS SALAD BAR ASSORTED MOUSSE ASSORTED YOGHURTS FRESH FRUIT CHEESE & BISCUITS