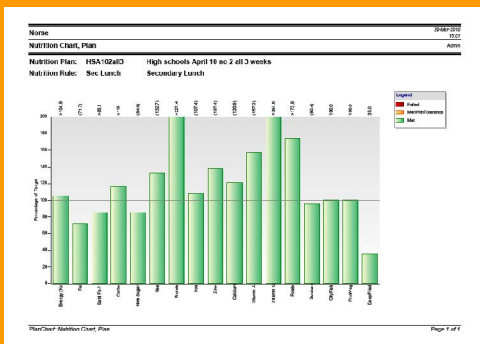


Summer 2010 Week 1

FUEL 4 life

what's on the menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Pork with Mixed Rice <i>(v) Vegetarian Sausages in Tomato & Herb Sauce with Pasta</i> Mixed Salad Syrup Tart with Strawberry Sauce	Beef Goulash <i>(v) Tomato and Pesto Pasta Bake</i> Baby New Potatoes Garden Peas Mixed Salad Pot Dutch Apple Cake with Custard	Roast Chicken with Gravy <i>(v) Vegetable Sagg Curry and Rice</i> Creamed Potatoes Country Vegetables Bakewell Tart with Custard	Jerk Chicken and Vegetable Rice <i>(v) Spicy Vegetable Fajitas and Potato Wedges</i> Sweetcorn Mixed Salad Chocolate Pudding with Chocolate Sauce	Fish in Batter <i>(v) Vegetable Pasta Bolognaise</i> Chipped Potatoes Baked Beans Fruit Trifle



OSCARS CHOICE

The Fuel 4 Life Meal Deal meets the government's food based standards and nutrient based standards for Secondary schools

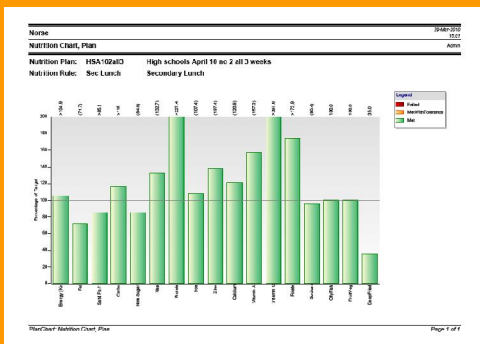


**Summer 2010
Week 2**

FUEL 4 life

what's on the menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Minced Beef and Onion Pie <i>(v) Oven Roasted Vegetables and Couscous</i>	Lamb and Vegetable Tikka Masala with Rice <i>(v) Tomato and Herb Pasta Bake</i>	Beef Lasagne <i>(v) Baked Potatoes with Vegetarian Chilli</i>	Chicken and Vegetable Stir Fry with Mixed Rice <i>(v) Vegetarian Shepherds Pie</i>	Salmon and Broccoli Pasta Bake <i>(v) Tomato and Cheese Pizza</i>
Creamed Potatoes Country Vegetable Mix Mixed Salad	Peas Mixed Salad	Salad Carrot Cake	Green Cabbage Mixed Salad	Fries Fresh Carrots Mixed Salad
Gingerbread with Vanilla Sauce	Syrup Sponge and Custard		Apple and Raspberry Crunch with Custard	Toffee Cream Tart



OSCARS CHOICE

The Fuel 4 Life Meal Deal meets the government's food based standards and nutrient based standards for Secondary schools

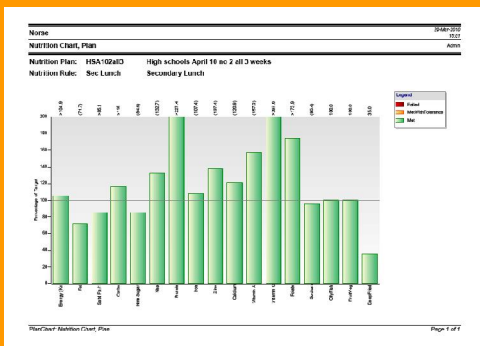


**Summer 2010
Week 3**

FUEL 4 life

what's on the menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cajun Chicken with Mixed Rice <i>(v) Pasta and Vegetable Sauce</i>	Beef Chilli and Baked Potatoes <i>(v) Sweet and Sour Vegetables with Noodles</i>	Spaghetti Bolognaise with Garlic Bread or Roasted Pepper Quiche <i>(v) Vegetable Pasta Bake</i>	Roast Beef with Yorkshire Pudding <i>(v) Vegetable Balti with Rice</i>	Mediterranean Style Chicken <i>(v) Tuscan Bean Pasta Bake</i>
Garden Peas Mixed Salad	Mixed Salad	Mixed Salad	Roast Potatoes Green Cabbage Mixed Salad	Baby Potatoes Green Beans Mixed Salad
Fruit Muffin (naughty but nice)	Fruit Crumble with Custard	Homemade Strawberry Mousse	Apple Tart with Custard	Chocolate and Mandarin Orange Brownie



OSCARS CHOICE

The Fuel 4 Life Meal Deal meets the government's food based standards and nutrient based standards for Secondary schools

