

# ACS Egham School, Spring/Summer 2010 Lunch Menu

Mon	Tues	Wed	Thur	Fri
<b>Week 1</b> Commencing: 19/04/10; 24/05/10; 30/08/10; 04/10/10				
Oven Baked Crispy Chicken with Sweet & Sour Sauce; (V) Sweet & Sour Quorn; Stir Fried Vegetables; Steamed Noodles	Pasta Bolognese or Tomato & Basil Sauce; (V) Roasted Ratatouille; Steamed Broccoli; Homemade Garlic Bread	Southern Baked Chicken; (V) Roast Peppers with Cous Cous; Steamed Mixed Vegetables; Potato Wedges	Chargilled 5oz ACS Beef Burger; (V) Vegetable Burger; Steamed Sliced Carrots & Sugar Snaps; Chunky Chips	Battered Jumbo Fish Fingers or Spicy Grilled Fish Fillets; (V) Fettuccine Frittata; Minted Peas; Mashed Potatoes
<b>Week 2</b> Commencing: 26/04/10; 31/05/10; 06/09/10; 11/10/10				
Homemade Pizza Selection; Grilled BBQ Spur Ribs Chilli Onion Rings; Steamed Vegetables	Handbaked Chicken Goujons or Chicken Stir Fry; (V) Garlic Stuffed Mushrooms; Carrots & Peas; Chunky Chips	Ground Beef Burritos; (V) Vegetable Burritos; Red Pepper Salsa; Sour Cream; Nachos; Roasted Vegetables	Chicken with Tomato & Basil Sauce; (V) Carrot & Zucchini Ribbons; Roasted Mix Vegetables; Fettuccine Pasta; Homemade Garlic Bread	Chef's Choice of Breaded or Poached Fish; (V) Spanish Omelette; Minted Peas; Mashed Potato
<b>Week 3</b> Commencing: 03/05/10; 07/06/10; 13/09/10				
Wholegrain Pasta Bolognese or Tomato & Basil Sauce (V) Ratatouille; Steamed Green Beans; Homemade Garlic Ciabatta	Roast Hickory Chicken; (V) Mushroom & Spring Onion Frittata; Roasted Mixed Vegetables; Brown Rice	Beef Stir Fry; (V) Vegetable Chop Suey; Stir Fried Vegetables; Plain Chop Suey Noodles	Pacific Chargilled Chicken; (V) Moroccan Stuffed Peppers; Steamed Carrots, Baby Squash & Snow Peas; Garlic & Parsley New Potatoes	Handbattered or Poached Fish; (V) Continental Bean Casserole with Lemon & Thyme Cous Cous; Peas; Chunky Chips
<b>Week 4</b> Commencing: 10/05/10; 14/06/10; 20/09/10				
BBQ Chicken & Ribs; (V) Vegetable Sausages; Steamed Broccoli; Potato Wedges	Homemade Pizza Selection or Grilled BBQ Ribs; (V) Vegetable Calzone; Steamed Vegetables	Battered Jumbo Fish Fingers or Spicy Grilled Fish Fillets; (V) Fettuccine Frittata; Minted Peas; Mashed Potato	Chicken Nuggets with a Sweet & Sour Sauce; (V) Sweet & Sour Quorn; Stir Fried Vegetables; Plain Noodles	Honey Roast Ham with Gravy & Yorkshire Puds; (V) Vegetable Moussaka; Honey Roast Carrots & Parsnips; Roast Potatoes
<b>Week 5</b> Commencing: 17/05/10; 23/08/10; 27/09/10				
Beef Lasagne; (V) Vegetable Lasagne; Roasted Vegetables; Homemade Garlic Bread	Chicken Burritos; (V) Mexican Quorn Burritos; Stir Fried Vegetables; Plain Noodles	Chargilled ACS Beef Burger; (V) Vegetable Burger; Steamed Carrots & Sugar Snaps; Chunky Chips	Chef's Choice of Breaded or Poached Fish; (V) Spanish Omelette; Peas; Mashed Potato	<b>ACS International Menu Day</b>

*All our menus are freshly produced using the finest ingredients each day.  
Menu maybe subject to change at short notice.*