

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
|   | <p>1-Nov</p> <p>A) Cajun Chicken Melt</p> <p>or</p> <p>B) Baked Macaroni with Ham &amp; Cheese</p>  <p>Whole Fresh Fruit</p> <p>Three Bean Salad</p> <p>Russian Borsch</p>                              | <p>2-Nov</p> <p>A) Meat Lovers Pizza</p> <p>or</p> <p>B) Japanese Sushi Combo</p>  <p>Fruit Salad Cup</p> <p>Coleslaw</p> <p>Low Fat Yogurt Drink</p>                      | <p>3-Nov</p> <p>A) Tossed Pasta with Chicken &amp; Pesto Sauce</p> <p>or</p> <p>B) Grilled Cheesy Pastrami Sandwich</p>  <p>Whole Fresh Fruit</p> <p>Sweet Corn Cup</p> <p>Cream of Broccoli Soup</p> | <p>4-Nov</p> <p>A) Tropicale Calzone (pineapple &amp; ham)</p> <p>or</p> <p>B) Stir Fry Udon Noodle with Slice Beef &amp; Vegetables</p>  <p>Fruit Salad Cup</p> <p>Apple &amp; Celery Salad</p> <p>100% Fruit Juice</p> |
| <p>7-Nov</p> <p>A) Beef Burger with Lettuce Tomato &amp; Onion</p> <p>or</p> <p>B) Creamy Chicken Tomato &amp; Basil Pasta Bake</p>  <p>Fruit Salad Cup</p> <p>Sweet Corn Cup</p> <p>100% Fruit Juice</p>    | <p>8-Nov</p> <p>A) Gammon Ham &amp; Cheese Croissant</p> <p>or</p> <p>B) Baked Macaroni with Tuna &amp; Cheese</p>  <p>Whole Fresh Fruit</p> <p>Chicken Waldorf Salad</p> <p>Potato &amp; Leek Soup</p> | <p>9-Nov</p> <p>A) BBQ Chicken Pizza</p> <p>or</p> <p>B) Mushroom &amp; Cheese Quiche</p>  <p>Fruit Salad Cup</p> <p>Caesar Salad</p> <p>Low Fat Yogurt Drink</p>          | <p>10-Nov</p> <p>A) Bolognese Lasagne</p> <p>or</p> <p>B) Egg Salad Baguette</p>  <p>Whole Fresh Fruit</p> <p>Cherry Tomato Cup</p> <p>Cream of Corn Soup</p>   | <p>11-Nov</p> <p>A) Chicken Caesar Ciabatta</p> <p>or</p> <p>B) Fried Rice Young Chow Style</p>  <p>Fruit Salad Cup</p> <p>German Potato Salad</p> <p>100% Fruit Juice</p>   |
| <p>14-Nov</p> <p>A) Mini Chicken Burger</p> <p>or</p> <p>B) Grilled Pork Chop with Mashed Potato</p>  <p>Fruit Salad Cup</p> <p>Carrot &amp; Celery Stick with Yogurt Dip</p> <p>100% Fruit Juice</p>       | <p>15-Nov</p> <p>A) Gammon Ham &amp; Cheese Penne Pasta Bake</p> <p>or</p> <p>B) Vegetable Frittata with Potatoes</p>  <p>Whole Fresh Fruit</p> <p>Chicken Waldorf Salad</p> <p>Minestrone Soup</p>    | <p>16-Nov</p> <p>A) Hawaiian Pizza</p> <p>or</p> <p>B) Tuna Turnover</p>  <p>Fruit Salad Cup</p> <p>Coleslaw</p> <p>Low Fat Yogurt Drink</p>                              | <p>17-Nov</p> <p>A) Spinach Lasagne</p> <p>or</p> <p>B) Tuna Melt Sandwich</p>  <p>Whole Fresh Fruit</p> <p>Sweet Corn Cup</p> <p>Cream of Cauliflower Soup</p>                                      | <p>18-Nov</p> <p>A) Tossed Pasta with Chicken &amp; Mushroom</p> <p>or</p> <p>B) Turkey Ciabatta</p>  <p>Fruit Salad Cup</p> <p>Apple &amp; Celery Salad</p> <p>100% Fruit Juice</p>                                    |
| <p>21-Nov</p> <p>A) Chicken Parmesan Pasta</p> <p>or</p> <p>B) Steamed Rice with Minced Pork Chinese Style</p>  <p>Fruit Salad Cup</p> <p>Sweet Corn Cup</p> <p>100% Fruit Juice</p>                       | <p>22-Nov</p> <p>A) Grilled Pork &amp; Onion Bun</p> <p>or</p> <p>B) Japanese Sushi Combo</p>  <p>Whole Fresh Fruit</p> <p>Chicken Waldorf Salad</p> <p>Japanese Miso Soup</p>                        | <p>23-Nov</p> <p>A) Mushroom &amp; Cheese Pizza</p> <p>or</p> <p>B) Chicken Salsa Quesadilla</p>  <p>Fruit Salad Cup</p> <p>Caesar Salad</p> <p>Low Fat Yogurt Drink</p> | <p>24-Nov</p> <p>A) Ham Lasagne</p> <p>or</p> <p>B) Mini Beef Burger</p>  <p>Whole Fresh Fruit</p> <p>Cherry Tomato Cup</p> <p>Potato Leek Soup</p>   | <p>25-Nov</p> <p>A) BLT Sandwich</p> <p>or</p> <p>B) Grilled Chicken with Herbed Potato</p>  <p>Fruit Salad Cup</p> <p>German Potato Salad</p> <p>100% Fruit Juice</p>   |
| <p>28-Nov</p> <p>A) Quiche Lorraine</p> <p>or</p> <p>B) Baked Penne Pasta with Chicken &amp; Mushroom</p>  <p>Fruit Salad Cup</p> <p>Carrot &amp; Celery Stick with Yogurt Dip</p> <p>100% Fruit Juice</p> | <p>29-Nov</p> <p>A) Macaroni &amp; Cheese</p> <p>or</p> <p>B) Beef Enchiladas</p>  <p>Whole Fresh Fruit</p> <p>Three Bean Salad</p> <p>Corn Chowder</p>   | <p>30-Nov</p> <p>A) Pepperoni Pizza</p> <p>or</p> <p>B) Roast Chicken Sandwich</p>  <p>Fruit Salad Cup</p> <p>Coleslaw</p> <p>Low Fat Yogurt Drink</p>                   |  |   |



Vegetarian dishes contain no meat, fish, shell fish, poultry or product derived from these sources but may contain dairy or eggs



These foods should form the basis of your diet. So fill up on them.


















Best eaten in moderation. These food are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.

# DISCOVERY COLLEGE 2011 DECEMBER LUNCH MENU

| Monday   |  | Tuesday   |  | Wednesday  |  | Thursday  |  | Friday  |  |
|--|--|---|--|--|--|---|--|---|--|
|  |  |   |  |  |  | 1-Dec   |  | 2-Dec   |  |
|  |  |   |  |  |  | A) Vegetarian Lasagne <br><b>or</b><br>B) Baked Fish & Chips<br><br>Whole Fresh Fruit<br><br>Sweet Corn Cup<br><br>Pumpkin Soup |  | A) Grilled Ham & Cheese Sandwich<br><b>or</b><br>B) Fried Rice with Shredded Chicken & Tomato<br><br>Fruit Salad Cup<br><br>Apple & Celery Salad<br><br>100% Fruit Juice |  |
| 5-Dec  |  | 6-Dec   |  | 7-Dec  |  | 8-Dec   |  | 9-Dec   |  |
| A) Mushroom & Cheese Burger <br><b>or</b><br>B) Tossed Pasta with Sausage & Peppers<br><br>Fruit Salad Cup<br><br>Sweet Corn Cup<br><br>100% Fruit Juice | A) Turkey & Cheese Ciabatta<br><b>or</b><br>B) Stir Fry Udon Noodle with Beef & Vegetables<br><br>Whole Fresh Fruit<br><br>Chicken Waldorf Salad<br><br>Ministrone Soup | A) Margherita Pizza<br><b>or</b><br>B) Tuna Melt Sandwich<br><br>Fruit Salad Cup<br><br>Caesar Salad<br><br>Low Fat Yogurt   | A) Bolognese Lasagne<br><b>or</b><br>B) Japanese Sushi Combo<br><br>Whole Fresh Fruit<br><br>Cherry Tomato Cup<br><br>Sweet Corn Soup                       | <b>CPD DAY</b>   |  |   |  |   |  |
| 12-Dec   |  | 13-Dec  |  | 14-Dec   |  | <b>CHRISTMAS SPECIAL 15-DEC</b>   |  | 16-Dec  |  |
| A) Mini Beef Burger<br><b>or</b><br>B) Chicken & Broccoli Pasta Bake<br><br>Fruit Salad Cup<br><br>Carrot & Celery Stick with Yogurt Dip<br><br>100% Fruit Juice  | A) BLT Sandwich<br><b>or</b><br>B) Tossed Fusilli with Chicken & Pesto<br><br>Whole Fresh Fruit<br><br>Chicken Waldorf Salad<br><br>Cream of Mushroom Soup            | A) Funghi Calzone <br><b>or</b><br>B) Steamed Rice with Minced Beef Chinese Style<br><br>Fruit Salad Cup<br><br>Coleslaw<br><br>Low Fat Yogurt | A) Roast Turkey Baguette<br><b>or</b><br>B) Roast Gammon Ham with Potato Cubes<br><br>Whole Fresh Fruit<br><br>Sweet Corn Cup<br><br>Cream of Tomato Soup | A) Egg Salad Ciabatta <br><b>or</b><br>B) Fried Rice with Shredded Chicken & Lettuce<br><br>Fruit Salad Cup<br><br>Apple & Celery Salad<br><br>100% Fruit Juice |  |   |  |   |  |



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