

HIGH SCHOOL

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Main Meal	Pork Sausages with mash served with Vegetables, and Gravy	Beef Spaghetti Bolognaise Served with Garlic Bread	Roast Gammon, Roast Potatoes, Yorkshire Pudding served with Vegetable & Gravy	Chicken Korma served with Rice & Naan Bread	Fish & Chips served with Garden Peas or Baked Beans
Vegetarian	Cheese Quiche with New Potato's & Salad served with a Roll	Veggie Burger in a Bun served with Sauté Potato's and Coleslaw	Vegetable Moussaka served with the above	Vegetable Korma served with Rice & Naan Bread	Vegetable Noodles in Hoi Sin Sauce
Jacket Potatoes	Hot Jackets with a choice of Tuna, Cheese, Beans or Tuna Mayo	Hot Jackets with a choice of Tuna, Cheese, Beans or Tuna Mayo	Hot Jackets with a choice of Tuna, Cheese, Beans or Tuna Mayo	Hot Jackets with a choice of Tuna, Cheese, Beans or Tuna Mayo	Hot Jackets with a choice of Tuna, Cheese, Beans or Tuna Mayo
Pasta King Break & Lunch	Meat or vegetarian topping served over Fresh Pasta	Meat or vegetarian topping served over Fresh Pasta	Meat or vegetarian topping served over Fresh Pasta	Meat or vegetarian topping served over Fresh Pasta	Meat or vegetarian topping served over Fresh Pasta
Fresh Smoothies	Fat Free Smoothies	Fat Free Smoothies	Fat Free Smoothies	Fat Free Smoothies	Fat Free Smoothies
Dessert	Chocolate Sponge & Chocolate Sauce	Carrot Cake & Cream	Strawberry Jelly	Tangy Lemon Drizzle Cake & Custard	Selection of Chilled Desserts from the chiller
Deli Bar & Cold Counter	Selection of Baguettes, Wraps', Sandwiches with a choice of fillings	Selection of Baguettes, Wraps', Sandwiches with a choice of fillings	Selection of Baguettes, Wraps', Sandwiches with a choice of fillings	Selection of Baguettes, Wraps', Sandwiches with a choice of fillings	Selection of Baguettes, Wraps', Sandwiches with a choice of fillings
Selection of Fresh Salads Daily	Selection of Fresh Salads Daily & Bread Basket	Selection of Fresh Salads Daily & Bread Basket	Selection of Fresh Salads Daily & Bread Basket	Selection of Fresh Salads Daily & Bread Basket	Selection of Fresh Salads Daily & Bread Basket
Healthy Choice's Always available	Selection of fresh fruit, Cheese and Crackers, yoghurts, jelly & Milk	Selection of fresh fruit, Cheese and Crackers, yoghurts, jelly & Milk	Selection of fresh fruit, Cheese and Crackers, yoghurts, jelly & Milk	Selection of fresh fruit, Cheese and Crackers, yoghurts, jelly & Milk	Selection of fresh fruit, Cheese and Crackers, yoghurts, jelly & Milk

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 All food is prepared in our kitchen where all allergens may be present – we do not use nuts

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