

HIGH SCHOOL

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef Lasagne & Garlic Bread Served with Salad or Peas	Mild Chilli & Rice served with a slice of garlic bread	Roast Chicken, Roast Potatoes, Yorkshire Pudding served with Vegetable & Gravy	Turkey Meatballs in Tomato Sauce & Spaghetti	Fish & Chips served with Garden Peas or Baked Beans
Vegetarian	Quorn Bolognese & Garlic bread Served with Pasta	Sweet & Sour Vegetable Stir Fry with Noodles	Vegetable Roulade with the above	Macaroni Cheese & Bread Roll	Spanish Omelette served with Tomato & Basil Sauce, with above
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	Fresh Fruit Salad & Cream	Chocolate Sponge & Chocolate Sauce	Flap Jack	Apple Crumble & 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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