

HIGH SCHOOL

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Kebab & Pitta Bread, Salad served with Wedges & Coleslaw	Sausage & Tomato Pasta Bake with a Bread Roll	Roast Beef, Roast Potatoes, Yorkshire Pudding served with Vegetable & Gravy	Chicken Curry served with Rice & Naan Bread	Fish & Chips served with Garden Peas or Baked Beans
Vegetarian	Pesto Pasta with Garlic Bread	Vegetable Lasagne with Salad or Sweetcorn	Stuffed red Pepper with rice and vegetables	Sweet & Sour Vegetable served with Rice	Mexican Bean Burger in a Bun served with the 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	Summer Fruits Crumble & Custard	Chocolate or Strawberry Mousse	Chocolate Sponge & Chocolate Sauce	Strawberry Jelly	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

ALLERGEN INFORMATION IS ALWAYS DISPLAYED AND AVAILABLE ON REQUEST
 All food is prepared in our kitchen where all allergens may be present – we do not use nuts