

High School Lunch Menu

SEPTEMBER - FEBRUARY



Why don't you swap the main dessert for fresh fruit or yoghurt and a chilled drink?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat /Fish	Pepper & Paprika Pasta Bake Crusty Bread	Beef Lasagne Garlic Slice	Cumberland Sausage in Gravy Mashed Potatoes	Donner Kebab Wrap with Salad, Chilli or Garlic Sauce	Battered Fish Fillet Chips
Vegetarian/ Vegan	Vegetable Biryani Curry Sauce	Nacho Quorn Fillet Loaded Mexican Rice	Quorn Sausage in Gravy Mashed Potatoes	Soy & Ginger Vegetable Noodle Pot with Spring Onions	Quorn Frankfurter in a Bun Chips
Halal Option (if required)	Vegetable Biryani Curry Sauce	Meat Free Lasagne Garlic Slice	Chicken Fillet in Gravy Mashed Potatoes	Soy & Ginger Chicken Noodle Pot with Spring Onions	Quorn Frankfurter in a Bun Chips



Chef's choice of Seasonal Vegetables (v) (vg) and Salad Bar / Oven Baked Jacket Potatoes – Cheese (v), Tuna Mayo, Beans (v)(vg) Bolognese, Curry Chicken, Coronation Chicken / Fresh sandwiches with (v) and (vg) options.

Dessert	Vanilla Cookie	Frozen Yoghurt or Fresh Fruit Pot	Iced Chocolate Finger	Flapjack with Custard	Vanilla Muffin
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Week 1	Week 2	Week 3
2 Sept	9 Sept	16 Sept
23 Sept	30 Sept	7 Oct
14 Oct	21 Oct	28 Oct
4 Nov	11 Nov	18 Nov
25 Nov	2 Dec	9 Dec
16 Dec	23 Dec	30 Dec
6 Jan	13 Jan	20 Jan
27 Jan	3 Feb	10 Feb
17 Feb	24 Feb	

Menus are subject to availability (v)suitable for vegetarians (vg)vegan diets

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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat /Fish	Nacho Chicken Loaded Mexican Rice	Buttery Chicken Tikka Aromatic Basmati Rice	Mince and Dumpling Mashed Potato	BBQ Pulled Port Baguette Red Slaw	Breaded Cod Fishcake Chips
Vegetarian/ Vegan	Mac & Cheese Garlic Dough Ball	Quorn Parmo Crispy Roast Potato	Quorn Mince and Dumpling Mashed Potato	Sizzling Vegetable Fajitas Savoury Rice	Classic Quorn Korma Basmati Rice
Halal Option (if required)	Mac & Cheese Garlic Dough Ball	Quorn Parmo Crispy Roast Potato	Mince and Dumpling Mashed Potato	Marinated Chicken Fajitas Savoury rice	Breaded Cod Fishcake Chips



Chef's choice of Seasonal Vegetables (v) (vg) and Salad Bar / Oven Baked Jacket Potatoes – Cheese (v), Tuna Mayo, Beans (v)(vg) Bolognese, Curry Chicken, Coronation Chicken / Fresh sandwiches with (v) and (vg) options.

Dessert	Chocolate Cookie	Frozen Yoghurt or Fruit Pot	Frosted Carrot Cake	Shortbread with Custard	Lemon Muffin
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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat /Fish	All Day Breakfast (Pork Sausage, Hash Brown, Baked Beans, Omelette)	Chicken Burrito Chopped Mixed Salad Spicy Bean Salad	Paata Bolognaise Focaccia Bread	Beef Stack Burger Spiced Potato Wedges	Fish Finger Bap Chips Tomato Dip
Vegetarian/ Vegan	All Day Breakfast (Quorn Sausage, Hash Brown, Baked Beans, Omelette)	3 Bean Chilli topped Nachos Bowl	Mushroom Carbonara Focaccia Bread	Southern Style Quorn Stack Burger Spiced Potato Wedges	Tomato & Basil Pasta Garlic Dough Balls
Halal Option (if required)	All Day Breakfast (Chicken Sausage, Hash Brown, Baked Beans, Omelette)	Chicken Gyros Chopped Mixed Salad Pickled Red Cabbage	Mushroom Carbonara Focaccia Bread	Chicken Stack Burger Spiced Potato Wedges	Fish Finger Bap Chips Tomato Dip
<p>Chef's choice of Seasonal Vegetables (v) (vg) and Salad Bar / Oven Baked Jacket Potatoes – Cheese (v), Tuna Mayo, Beans (v)(vg) Bolognaise, Curry Chicken, Coronation Chicken / Fresh sandwiches with (v) and (vg) options.</p>					
Dessert	Oat Cookie	Frozen Yoghurt or Fresh Fruit Pit	Iced Lemon Finger	Toffee Cake with Custard	Chocolate Muffin



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