

# High School Lunch Menu

FEBRUARY – JULY

(Option 1s)



**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	Classic Creamy Mac & Cheese (v) Focaccia Bread (v) Mixed Salad (vg)	Greek Style Moussaka  Garlic Bread Slice (v)	All Day-Breakfast (Pork Sausage, Hash Brown, Beans, Omelette)	Oven Baked Seasoned Chicken Burrito  Skin On Wedges (v)	Crispy Fish Fingers Chips (vg) Mushy Peas (v)
Vegetarian/ Vegan	Mexican Style Oven Baked Tortilla (v) Seasoned Wedges (vg)	Crumbed Aubergine Steak with a Rich Tomato Sauce (v) Saag Aloo(v)	All Day-Breakfast (v) (Quorn Sausage, Hash Brown, Beans, Omelette)	Quorn Frankfurter in a Bun (v)  Skin on Wedges (v)	Cheese & Broccoli Quiche (v)  Chips (vg) Mixed Salad (vg)
Halal Option (if required)	Choice of Above (v)	Greek Style Moussaka (v)  Garlic Bread Slice (v)	All Day-Breakfast (Chicken Sausage, Hash Brown, Beans, Omelette)	Oven Baked Seasoned Chicken Wrap  Skin On Wedges (v)	Crispy Fish Fingers Mushy Peas (v) Chips (vg)

**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.**

Dessert	Shortbread Biscuit (v)	Rhubarb & Custard Blondie (v)	Mandarin & Vanilla Cheesecake (v)	Apple Turnover (v)	Lemon Drizzle Cake (v)
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WEEK 1	WEEK 2	WEEK 3
23 Feb 26	02 Mar 26	09 Mar 26
16 Mar 26	23 Mar 26	30 Mar 26
20 April 26	27 April 26	04 May 26
11 May 26	18 May 26	01 June 26
08 June 26	15 June 26	22 June 26
29 June 26	06 July 26	13 July 26

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	Mexican Vegetable Burrito (v) Mixed Salad (v)	Hunters Chicken Seasoned Wedges (vg)	Traditional Roast Gammon with Pease Pudding Roast Potatoes (v)	Minced Beef Hot Pot Root Vegetable Mash (v)	Oven Baked Fishcake Chips (vg) Mushy Peas (v)
Vegetarian/ Vegan	Crushed Chickpea & Sweetcorn Mayo Wrap (vg) Roasted Garlic New Potatoes (v)	Creole-Style Jambalaya (v) Seasoned Wedges (vg)	Cheese & Bean Loaded Wedges (v) Homemade Slaw (v) Mixed Salad (v)	Veggie Burger with Cheese in a Bun (v) Oven Roast Diced Potato (v)	Cheese & Tomato Pasta Bake (v) Chips (vg)
Halal Option (if required)	Choice of Above (v)	Hunters Chicken Seasoned Wedges (vg)	Cheese & Bean Loaded Wedges (v) Roast Potatoes (v) Mixed Salad (vg)	Minced Beef Hot Pot Root Vegetable Mash (v)	Choice of Above

**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	Frozen Yoghurt or Fresh Fruit Pot (v)	Chocolate Brownie (v)	Apple Crumble Muffin (v)	Sticky Banana Bread with Ice Cream (v)	Fruit Medley (v)
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**WEEK  
3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat /Fish	Falafel Flat Bread (v) Minted Yoghurt Dip (v) Vegetable Cous-Cous (vg)	Chinese Style Sweet & Sour Chicken  Steamed Rice (vg)	Posh Hot Dog Seasoned Wedges (vg) Mixed Salad (vg)	Minced Beef Bolognese with Spaghetti Garlic Focaccia Bread (v)	Fish Finger Bap  Chips (vg) Mushy Peas (v)
Vegetarian/ Vegan	Cheese & Potato Pasty (v) Seasoned Wedges (vg) Mixed Salad (vg)	Crunchy Buffalo Cauliflower Wings (vg) Oven Baked Crusty Bread (v)	Mixed Bean Goulash (v)  Minted New Potatoes (v)	Oven Roasted Tomato Risotto (v)  Garlic Focaccia Bread (v)	Mushroom & Lentil Ragu with Penne Pasta (v) Crusty Oven Baked Bread (v)
Halal Option (if required)	Choice of Above (v)	Chinese Style Sweet & Sour Chicken  Steamed Rice (vg)	Mixed Bean Goulash (v)  Minted New Potatoes (v)	Minced Beef Bolognese with Spaghetti Garlic Focaccia Bread (v)	Choice of Above
<p><b>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.</b></p>					
Dessert	Fruity Flapjack (v)	Mixed Berry Muffin (v)	Chocolate & Pear Pudding with Chocolate Custard (v)	Fruit Pot (v)	Melting Moment Cookie (v)

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