

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 (v) Crusty Bread (v)	Beef Lasagne Garlic Slice (v)	Pork Sausage in Gravy Mashed Potatoes (v)	Doner Kebab Wrap with Salad Chilli or Garlic Sauce	Battered Fish Fillet Chips (vg)
Vegetarian/ Vegan	Vegetable Biryani (v) Curry Sauce (v)	Nacho Quorn Fillet (vg) Loaded Mexican Rice (v)	Quorn Sausage in Gravy (v) Mashed Potatoes (v)	Soy & Ginger Vegetable Noodle Pot with Spring Onions (v)	Quorn Frankfurter in a Bun (v) Chips (vg)
Halal Option (if required)	Vegetable Biryani (v) Curry Sauce (v)	Meat Free Lasagne (v) Garlic Slice (v)	Chicken Fillet in Gravy Mashed Potatoes (v)	Soy & Ginger Chicken Noodle Pot with Spring Onions (v)	Quorn Frankfurter in a Bun (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) Bolognese, Curry Chicken, Coronation Chicken / Fresh sandwiches with (v) and (vg) options.

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

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 (v)	Buttery Chicken Tikka Aromatic Basmati Rice (v)	Mince and Dumpling Mashed Potato (v)	BBQ Pulled Pork Baguette Red Slaw (v)	Breaded Cod Fishcake Chips (vg)
Vegetarian/ Vegan	Mac & Cheese (v) Garlic Dough Ball (v)	Quorn Parmo (v) Crispy Roast Potato (v)	Quorn Mince and Dumpling (v) Mashed Potato (v)	Sizzling Vegetable Fajitas (v) Savoury Rice (v)	Classic Quorn Korma (v) Basmati Rice (v)
Halal Option (if required)	Mac & Cheese (v) Garlic Dough Ball (v)	Quorn Parmo (v) Crispy Roast Potato (v)	Mince and Dumpling (v) Mashed Potato (v)	Marinated Chicken Fajitas Savoury Rice (v)	Breaded Cod Fishcake Chips (vg)

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 (v)	Frozen Yoghurt or Fruit Pot (v)	Frosted Carrot Cake (v)	Shortbread with Custard (v)	Lemon Muffin (v)
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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 (v) Spicy Bean Salad (v)	Pasta Bolognese Focaccia Bread (v)	Beef Burger with Cheese Spiced Potato Wedges (v)	Fish Finger Bap Chips (v) Tomato Dip (v)
Vegetarian/ Vegan	All Day Breakfast (Quorn Sausage, Hash Brown, Baked Beans, Omelette) (v)	3 Bean Chilli Topped Nachos Bowl (v)	Mushroom Carbonara (v) Focaccia Bread (v)	Southern Style Quorn Burger (v) Spiced Potato Wedges (v)	Tomato & Basil Pasta (v) Garlic Dough Balls (v)
Halal Option (if required)	All Day Breakfast (Chicken Sausage, Hash Brown, Baked Beans, Omelette) (v)	Chicken Gyros Chopped Mixed Salad (v) Pickled Red Cabbage (v)	Mushroom Carbonara (v) Focaccia Bread (v)	Chicken Burger Spiced Potato Wedges (v)	Fish Finger Bap Chips (vg) Tomato Dip (v)
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	Oat Cookie (v)	Frozen Yoghurt or Fresh Fruit Pot (v)	Lemon Shortbread (v)	Toffee Cake with Custard (v)	Chocolate Muffin (v)



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