

# High School Lunch Menu

SEPTEMBER - FEBRUARY



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



(Option 1wnh)

**WEEK 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	<b>Crispy Nacho Chicken</b> Garlic Mayo Dip (v) Seasoned Wedges (vg)	<b>Traditional Minced Beef Lasagne</b>  Garlic Bread Slice (v) Mixed Salad (vg)	<b>Buttery Chicken Tikka</b>  Steamed Rice (v) Naan Bread	<b>Rich Vegetable Ragu with Penne Pasta (v)</b> Oven Baked Crusty Bread (v)	<b>Battered Fish Fillet</b>  Chips (vg) Tartare Sauce (v)
Main Course	<b>Classic Mac &amp; Cheese (v)</b>  Hash Browns (v) Mixed Salad (vg)	<b>Traditional Vegetable Lasagne (v)</b>  Garlic Bread Slice (v) Mixed Salad (vg)	<b>Quorn Parmo (v)</b>  Crispy Roast Potatoes (v)	<b>Creamy Sweetcorn Pot Pie (v)</b>  Mashed Potato (v)	<b>Quorn Frankfurter in a Bun (v)</b>  Chips (vg) Mixed Salad (vg)

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

Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Oaty Fruit Cookie (v)	Frozen Yoghurt or Fresh Fruit Pot (v)	Chocolate Orange Sponge with Chocolate Custard (v)	Pancakes with Golden Syrup & Sliced Banana (v)	Lemon Curd Muffin (v)
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WEEK 1	WEEK 2	WEEK 3
01 Sept 25	08 Sept 25	15 Sept 25
22 Sept 25	29 Sept 25	06 Oct 25
13 Oct 25	20 Oct 25	03 Nov 25
10 Nov 25	17 Nov 25	24 Nov 25
01 Dec 25	08 Dec 25	15 Dec 25
05 Jan 26	12 Jan 26	19 Jan 26
26 Jan 26	02 Feb 26	09 Feb 26

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

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**WEEK 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Melting Quorn Meatball Sub with BBQ Sauce (v) Seasoned Wedges (vg)	All Day-Breakfast (Pork Sausage, Hash Brown, Beans, Omelette)	Classic Chicken Korma Curry Steamed Rice (vg) Naan Bread (v)	Traditional Mince & Dumplings  Mashed Potato (v)	Breaded Cod Fishcake  Chips (vg)
Main Course	Rich Pasta Napoli (v)  Focaccia Bread (vg)	All Day-Breakfast (v) (Quorn Sausage, Hash Brown, Beans, Omelette)	Classic Quorn Korma Curry (v) Steamed Rice (vg)  Naan Bread (v)	Traditional Quorn Mince & Dumplings (v)  Mashed Potato (v)	Red Pepper & Paprika Pasta Bake (v)  Garlic Bread Slice (v)

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

Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Chocolate Muffin (v)	Sticky Toffee Pudding with Custard (v)	Lemon Drizzle Cake (v)	Oaty Cookie (v)	Jam Sponge with Custard (v)
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**WEEK 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Oven Baked Pork Sausage Yorkshire Pudding Mashed Potato (v)	Creamy Chicken & Ham Pie Mini Roast Potatoes (v)	Classic Beefburger with Cheese Spicy Wedges (v) Mixed Salad (vg)	Soy & Ginger Chicken Noodle Pot with Spring Onions	Fish Finger Bap Chips (vg) Tomato Dip (v)
<b>Main Course</b>	Oven Baked Quorn Sausage Yorkshire Pudding (v) Mashed Potato (v)	Indian Style Cauliflower Dahl (v) Steamed Rice (vg) Naan Bread (v)	Classic Quorn Burger with Cheese (v) Spicy Wedges (v) Mixed Salad (vg)	Soy & Ginger Vegetable Noodle Pot with Spring Onions (v)	Tomato & Basil Pasta Bake (v) Garlic Dough Balls (v)

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

<b>Dessert (Fresh Fruit, Yoghurt, Cheese &amp; Biscuits)</b>	Apple Crumble with Vanilla Custard (v)	Lemon Shortbread (v)	Frozen Yoghurt or Fresh Fruit Pot (v)	Fruity Flapjack & Custard (v)	Vanilla Muffin (v)
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