



STUDLEY HIGH SCHOOL



	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
MONDAY	MAIN COURSE: BEEF LASAGNE WITH GARLIC BREAD (M, MU, C,CE, E, SS, S) VEGETARIAN MAIN: QUORN SAUSAGE CASSAROLE (V, S, C, M, E) MAINS SERVED WITH: SPICEY WEGDES AND HOMEMADE COLESLAW (M, E, MU) DESSERT: JAM TART WITH CUSTARD (M,N, C, E) BONNIE’S DELI: BACON AND CHEESE MELTS(C,M,E,S)	MAIN COURSE: SAUSAGES IN ONION GRAVY (C, M, CE) VEGETARIAN MAIN: MEAT FREE VEGGIE BURGUR (V, CE, M) MAINS SERVED WITH: MASHED POTATO,PEAS AND HOMEMADE COLESLAW (M, E, MU) DESSERT: JAM TART WITH CUSTARD (C, E, M) BONNIE’S DELI: CHEESEY TOMATO AND MEAT BALL MELT (C, CE, S, SD)	MAIN COURSE: COTTAGE PIE (C, M, CE) VEGETARIAN MAIN: QUORN CHICKEN (V, CE, M) MAINS SERVED WITH: GREEN BEANS AND SWEET CORN (V) DESSERT: JAM TART WITH CUSTARD (C, E, M) BONNIE’S DELI: CHEESEY TOMATO MELTS (C, CE, S, SD)	MAIN COURSE: SPAGHETTI BOLOGNESE (C, CE, S, SD) VEGETARIAN MAIN: VEGGIE BOLOGNESE (V,CE, M) MAINS SERVED WITH: PASTA AND TOSSED SALAD (E,V) DESSERT: CHOCOLATE SPONGE WITH CHOCOLATE SAUCE (C, E, M) BONNIE’S DELI: HAM AND CHEESE PANINI’S (C, M, E, S)
TUESDAY	MAIN COURSE: ITALIAN CHICKEN (C, M, CE) VEGETARIAN MAIN: VEGETARIAN MAIN: QUORN HOT DOG SERVED IN FLOUR ROLL (V, S, C ,SS, M, E) MAINS SERVED WITH: MASHED POTATO AND PEAS HOMEMADE COLESLAW (M, E, MU) DESSERT: CHOCOLATE CRUNCH WITH CUSTARD (C, E,M) BONNIE’S DELI: CHICKEN BURGER (CE, E, GF) IN A BURGER BAP (C, SS, M)	MAIN COURSE: PORK AND BEEF MEATBALLS COOKED IN TOMATO SAUCE (C, CE, S, SD) VEGETARIAN MAIN: CHEESE AND ONION PATSY (V, CE, E, M) MAINS SERVED WITH: PASTA AND TOSSED SALAD (V) DESSERT: SYRUP SPONGE WITH CUSTARD (C, E, M, SD) BONNIE’S DELI: CHESSEY BEEF BURGER (CE, E, GF) IN A BURGER BAP (C, SS, M)	MAIN COURSE: HUNTERS CHICKEN (CE, GF,MF) VEGETARIAN MAIN: THREE CHEESE QUICHE (V, C, E, CE) MAINS SERVED WITH: MASHED POTATO AND PEAS HOMEMADE COLESLAW (M, E, MU) DESSERT: SYRUP SPONGE WITH CUSTARD (C, E,M, SD) BONNIE’S DELI: CHICKEN BURGER (CE, E, GF) IN A BURGER BAP (C, SS, M)	MAIN COURSE: MINCE BEEF PIES (C, M, CE) VEGETARIAN MAIN: VEGTABLES PIES (V, GF, CE) MAINS SERVED WITH: MASHED POTATO WITH SEASONAL VEGETABLES AND GRAVY (C, M,CE) DESSERT: SYRUP SPONGE WITH CUSTARD (C, E, M, SD) BONNIE’S DELI: CHESSEY BEEF BURGER (CE, E, GF) IN A BURGER BAP (C, SS, M)
WEDNESDAY	MAIN COURSE: ROAST PORK (CE,GF) SAGE AND ONION STUFFING (C, M, CE) VEGETARIAN MAIN: VEGETABLE AND QUORN RICE (V,GF, CE,E) MAINS SERVED WITH: ROASTED POTATOES,SEASONAL VEGETABLES, GRAVY (C, M, CE) DESSERT: APPLE AND PEAR CRUMBLE WITH CUSTARD (C, E, M) BONNIES DELI: HOTDOGS IN A FLOUR BAP (GF, CE)	MAIN COURSE: ROASTED BEEF AND YORKSHIRE PUDDING (C, M, CE) VEGETARIAN MAIN: CRISPY CHEESEY QUORN FILLETS (GF,V, M, E, C) MAINS SERVED WITH: ROASTED POTATOES,SEASONAL VEGETABLES, GRAVY (CE,GF)) DESSERT: CHOCOLATE SHORTBREAD AND CHOCOLATE CUSTARD (M,C) BONNIES DELI: BBQ PULLED PORK BAPS IN BRIOCHE BUN (C, M, MU, CE)	MAIN COURSE: SLICED GAMMON IN PARSLEY SAUCE (C, M, CE) VEGETARIAN MAIN: MIXED VEG POTS (GF,V, M, E, C) MAINS SERVED WITH ROASTED POTATOES,SEASONAL VEGETABLES, GRAVY (C, M, CE) DESSERT: APPLE AND PEAR CRUMBLE WITH CUSTARD (C, E, M) BONNIES DELI: HOTDOGS IN A FLOUR BAP (GF, CE)	MAIN COURSE: HERB ROASTED CHICKEN (C, M, CE) VEGETARIAN MAIN: BAKED QUORN SAUSAGES (V, CE, M) MAINS SERVED WITH: ROASTED POTATOES,SEASONAL VEGETABLES, GRAVY (C, M, CE) DESSERT: APPLE AND PEAR CRUMBLE WITH CUSTARD (C, E, M) BONNIES DELI: BBQ PULLED PORK BAPS IN BRIOCHE BUN (C, M, MU, CE)
THURSDAY	MAIN COURSE: SWEET AND SOUR CHICKEN(C, M, CE, N) VEGETARIAN MAIN: MACARRONI CHEESE (V, GF, CE) MAINS SERVED WITH: WHITE RICE AND NAAN BREAD (H, CE, GF) DESSERT: STICKY TOFFEE PUDDING WITH CUSTARD (C, E, M) BONNIES DELI: SOUHTHEN FRIED CHICKEN WRAPS (C, M, E, S)	MAIN COURSE: CHICKEN STIR FRY (C, M, CE, N) VEGETARIAN MAIN : QUORN VEG STIR FRY (V, GF, CE) MAINS SERVED WITH: MIXED SALAD (H, CE, GF) DESSERT: PLAIN SPONGE WITH CUSTARD (C, E, M) BONNIES DELI: SOUHTHEN FRIED CHICKEN WRAPS (C, M, E, S)	MAIN COURSE: SWEET AND SOUR CHICKEN(C, M, CE,N) VEGETARIAN MAIN: MACARRONI CHEESE (V, GF, CE) MAINS SERVED WITH: WHITE RICE AND NAAN BREAD (H, CE, GF) DESSERT: BANANA CAKE WITH CUSTARD(C, E, M) BONNIES DELI: SOUHTHEN FRIED CHICKEN WRAPS(C, M, E, S)	MAIN COURSE: CHEFS CURRY DAY VEGETARIAN MAIN: QUORN AND CURRY WITH RICE (V, S, M, E) MAINS SERVED WITH: EGG FRYED RICE (H, CE, GF) DESSERT: CORNFLAKE TART WITH CUSTARD (C, E, M) BONNIES DELI: SOUHTHEN FRIED CHICKEN WRAPS(C, M, E, S)
FRIDAY	MAIN COURSE: SAUSAGE AND EGG / BACON AND EGG MUFFIN (M, E, C, MU) VEGETARIAN MAIN: MINCED VEGGIE BURGER (V, C, E,MU,M) MAINS SERVED WITH: HASH BROWNS (M, E, MU) DESSERT: GREEK YOGHURT WITH SUMMER FRUIT PUREE (M) BONNIE’S DELI: CRISPY POPCORN CHICKEN (C,M,E,S)	MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU) VEGETARIAN MAIN: CHILLI NON CARNE PIE (V, M, E, CE, C) MAINS SERVED WITH: WITH FARMHOUSE FRIES & MUSHY PEAS (M, E, MU) DESSERT: SYRUP SPONGE WITH CUSTARD (C, E,M, SD) BONNIE’S DELI: CRISPY POPCORN CHICKEN (C,M,E,S)	MAIN COURSE: SAUSAGE AND EGG / BACON AND EGG MUFFIN (M, E, C, MU) VEGETARIAN MAIN: CHEESE AND ONION PASTY (V, C, E, MU, M) MAINS SERVED WITH: HASH BROWNS (M, E, MU) DESSERT: GREEK YOGHURT WITH SUMMER FRUIT PUREE (M) BONNIE’S DELI: CRISPY POPCORN CHICKEN (C, M, E, S)	MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU) VEGETARIAN MAIN: CAULIFLOWER AND BROCCOLI BAKE (V, M, E, CE, C) MAINS SERVED WITH: SPICEY WEDGES AND BAKED BEANS(V, MU) DESSERT: SYRUP SPONGE WITH CUSTARD (C, E, M, SD) BONNIE’S DELI: CRISPY POPCORN CHICKEN (C, M, E, S)

SANDWICHES	BAGUETTES	SALADS	PASTAS SALADS
CHICKEN AND BACON. CHICKEN TIKKA. EGG MAYO. HAM. HAM AND CHEESE. CHEESE AND TOMATO. TUNA AND CUCUMBER.	TUNA AND CUCUMBER. CHICKEN TIKKA. SWEET CHILLI CHICKEN. EGG MAYO. CHEESE AND TOMATO.	TUNA AND MAYO. SWEET CHILLI CHICKEN. CHEESE AND COLESLAW. MIXED SALADS.	TUNA AND SWEETCORN WITH MAYO CHICKEN AND BACON WITH MAYO TOMATO,CHEESE AND HERBS CHEFS SP

ALLERGENS KEY	ALLERGENS KEY	ALLERGENS KEY	CUSTOMER INFORMATION
C - CEREALS CONTAINING GLUTEN P - PEANUTS N - NUTS (TREE NUTS) (IE) ALMONDS, WALNUTS) CR - CRUSTACEANS (PRAWNS/CRAB)	L - LUPIN E - EGGS SD - SULPHUR DIOXIDE CE - CELERY F - FISH	MU - MUSTARD S - SOYA M - MILK MO - MOLLUSCS (SCALLOPS, MUSSELS) SS - SESAME SEED	V - VEGETARIAN GF - GLUTEN FREE