

School Year 2019/2020

Mainstream High school - Week 2

	<u>MONDAY</u>	TUESDAY	WEDNESDAY	THURSDAY	<u>FRIDAY</u>
CHEF'S SOUP OF THE DAY	Tomato and Basil Soup	Lentil Soup	Carrot and coriander Soup	Lentil Soup	Minestrone Soup
MAIN/HOT	Sweet and sour chicken with rice and oriental vegetables Creamy penne pasta with leeks and broccoli and a slice of crusty bread Peri Peri Burger in a bun with salad, baby potatoes and beans	Sausage and potato bake with gravy, peas, carrots and a slice of garlic bread Tomato and garlic pasta spirals in a tomato sauce with garlic bread and carrots Falafel pitta pocket with salad, chips and coleslaw	Tomato, mixed peppers and cheese pizza with boiled baby potatoes Macaroni cheese with green beans and a slice of garlic bread Beef Burger in a bun with salad, potato wedges and peas	Bean and vegetable chilli with rice and garlic bread Tomato and mozzarella pasta with cabbage and a slice of crusty bread Salmon fish finger roll with boiled potatoes and sweetcorn	Pasta spirals in a Bolognese sauce with carrots and a slice of garlic bread Breaded haddock with peas, carrots and chips BBQ chicken burger in a bun with beans and boiled potatoes
PASTA/SALAD	Pasta salad of tuna mayonnaise Baked Potato with cheese/chicken mayonnaise	Pasta salad of Italian chicken Mayonnaise Baked Potato with beans/beans and cheese	Pasta salad of tuna mayonnaise Baked Potato with cheese/tuna mayonnaise	Pasta salad of Italian chicken Mayonnaise Baked Potato with beans/beans and cheese	Pasta salad of Peri peri chicken mayonnaise Baked Potato with cheese/tuna mayonnaise
DESSERT	Lemon and poppy seed muffin Fruit Tub Yoghurt Jelly	Fruit Muffin Fruit Tub Yoghurt Jelly	Carrot Cake Fruit Tub Yoghurt Jelly	Fruit muffin Fruit Tub Yoghurt Jelly	Fruit muffin Fruit Tub Yoghurt Jelly
HOT GRAB AND GO DELI	Cheese and ham panini BBQ chicken and cheese panini Chicken Tikka panini Pizzini	Cheese and tomato panini Ham and cheese panini Piri Piri chicken panini	Cheese and ham panini BBQ chicken panini Ham panini	Cheese panini Piri piri chicken panini Cheese and pepperoni panini	Roasted vegetable and cheese panini Cheese and Ham panini Chicken Tikka panini
COLD GRAB AND GO DELI	Tuna Mayonnaise salad roll Cheese and salad Sandwich Chicken Mayonnaise wrap Roast turkey and salad sandwich	Ham and salad sandwich Chicken korma baguette Tuna mayonnaise sandwich Roast chicken and salad sandwich	Tuna Mayonnaise salad roll Cheese and salad Sandwich Chicken Mayonnaise wrap Roast turkey and salad sandwich	Ham and salad sandwich Chicken korma baguette Chicken mayonnaise sandwich Cheese sandwich	Tuna Mayonnaise salad roll Cheese and salad Sandwich Chicken Mayonnaise wrap Tuna mayonnaise sandwich
<u>Salads</u>	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
DRINKS	Various drinks available	Various drinks available	Various drinks available	Various drinks available	Various drinks available

Updated: 30/07/19

^{*}Menus are subject to change - small changes may be made throughout the school year. Please refer to date above to ensure you have the up to date menu