

# School Year 2019/2020

## Mainstream High school – Week 1

|                                 | <u>MONDAY</u>                                                                                                                                                                                                                             | <u>TUESDAY</u>                                                                                                                                                                                    | <u>WEDNESDAY</u>                                                                                                                                                                                                            | <u>THURSDAY</u>                                                                                                                                                                     | <u>FRIDAY</u>                                                                                                                                                                                            |
|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>CHEF'S SOUP OF THE DAY</u>   | Lentil Soup                                                                                                                                                                                                                               | Tomato Soup                                                                                                                                                                                       | Carrot and Butternut Squash Soup                                                                                                                                                                                            | Leek and Potato Soup                                                                                                                                                                | Tomato and mozzarella bruschetta<br>Or<br>Lentil Soup                                                                                                                                                    |
| <u>MAIN/HOT</u>                 | Beef meatballs with penne pasta in a tomato sauce with a side of broccoli and a slice of crusty bread.<br><br>Macaroni cheese with a side of cauliflower and garlic bread<br><br>Breaded missisizzling chicken burger in a bun with salad | Oriental noodles with chicken and stir fried vegetables<br><br>Lasagne with sides of peas, sweetcorn and a slice of crusty bread<br><br>Cheese burger in a bun with salad, wedges and baked beans | Chicken and potato curry with rice and peas<br><br>Pasta spirals in a Bolognese sauce with carrots and a slice of crusty bread<br><br>Falafel pitta pocket with salad and sweet chilli sauce, sweetcorn and Bombay potatoes | Steak pie with green beans and mashed potatoes<br><br>Macaroni cheese with green beans and a slice of garlic bread<br><br>BBQ chicken burger in a bun with salad and a potato salad | Breaded Haddock with broccoli, baked beans and chips<br><br>Chicken, tomato and herb penne pasta with broccoli and a slice of crusty bread<br><br>Beef Burger in a bun with salad, chips and baked beans |
| <u>PASTA SALAD/BAKED POTATO</u> | Pasta salad of tuna mayonnaise/<br>Baked Potato with beans or cheese                                                                                                                                                                      | Pasta salad of Italian chicken Mayonnaise<br>Baked Potato with cheese and baked beans or tuna mayonnaise                                                                                          | Pasta salad of peri peri chicken mayonnaise<br>Baked Potato with beans or cheese                                                                                                                                            | Pasta salad of tuna mayonnaise<br>Baked Potato with cheese and baked beans or tuna mayonnaise                                                                                       | Pasta salad of Italian chicken Mayonnaise<br>Baked Potato with beans or cheese                                                                                                                           |
| <u>DESSERT</u>                  | Strawberry and oat Cookie<br>Fruit Tubs<br>Yoghurt<br>Jelly                                                                                                                                                                               | Fruit muffin<br>Fruit Tubs<br>Yoghurt<br>Jelly                                                                                                                                                    | Banana muffin<br>Fruit Tubs<br>Yoghurt<br>Jelly                                                                                                                                                                             | Fruit muffin<br>Fruit Tubs<br>Yoghurt<br>Jelly                                                                                                                                      | Peach Muffin<br>Fruit Tubs<br>Yoghurt<br>Jelly                                                                                                                                                           |
| <u>HOT GRAB AND GO DELI</u>     | Cheese and ham panini<br>BBQ chicken and cheese panini<br>Chicken Tikka panini<br>Pizzini                                                                                                                                                 | Cheese and tomato panini<br>Ham and cheese panini<br>Piri Piri chicken panini                                                                                                                     | Cheese and ham panini<br>BBQ chicken panini<br>Ham panini                                                                                                                                                                   | Cheese panini<br>Piri piri chicken panini<br>Cheese and pepperoni panini<br>Pizzini                                                                                                 | Roasted vegetable and cheese panini<br>Cheese and Ham panini<br>Chicken Tikka panini                                                                                                                     |
| <u>COLD GRAB AND GO DELI</u>    | Tuna Mayonnaise salad roll<br>Cheese and salad Sandwich<br>Chicken Mayonnaise wrap<br>Roast turkey and salad sandwich                                                                                                                     | Ham and salad sandwich<br>Chicken korma baguette<br>Tuna mayonnaise sandwich<br>Roast chicken and salad sandwich                                                                                  | Tuna Mayonnaise salad roll<br>Cheese and salad Sandwich<br>Chicken Mayonnaise wrap<br>Roast turkey and salad sandwich                                                                                                       | Ham and salad sandwich<br>Chicken korma baguette<br>Chicken mayonnaise sandwich<br>Cheese sandwich                                                                                  | Tuna Mayonnaise salad roll<br>Cheese and salad Sandwich<br>Chicken Mayonnaise wrap<br>Tuna mayonnaise sandwich                                                                                           |
| <u>Salad</u>                    | Selection of salads                                                                                                                                                                                                                       | Selection of salads                                                                                                                                                                               | Selection of salads                                                                                                                                                                                                         | Selection of salads                                                                                                                                                                 | Selection of salads                                                                                                                                                                                      |
| <u>DRINKS</u>                   | Various drinks available                                                                                                                                                                                                                  | Various drinks available                                                                                                                                                                          | Various drinks available                                                                                                                                                                                                    | Various drinks available                                                                                                                                                            | Various drinks available                                                                                                                                                                                 |

Updated: 12/08/19

\*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