

WEEK 4 - MAINSTREAM HIGH SCHOOL

| <u>DAY</u> | <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 | Chicken Noodle Soup | Vegetable spring Rolls or Tomato soup | Tomato and mozzarella bruschetta or Carrot and butternut squash soup | Lentil Soup |
| <u>MAIN/HOT</u> | Wholemeal Pitta pizzas with mozzarella, peppers, onions and sweetcorn with chips Tomato, garlic and bean penne pasta with crusty bread BBQ chicken burger in a bun with salad, roasted baby potatoes and coleslaw | Cajun chicken strips in a creamy Cajun sauce with carrots, green beans and mashed potato Potato gnocchi in a tomato and herb sauce with carrots Beef burger in a bun with salad, boiled baby potatoes and baked beans | Chinese chicken chow Mein with oriental vegetables and baby corn Macaroni Cheese with cauliflower Chicken Peri Peri Burger in a bun with salad, potato salad and broccoli | Banger and bean casserole with carrots, cauliflower and mashed potato Creamy chicken and cheese pasta with broccoli Falafel wrap with salad, boiled baby potatoes and sweetcorn | Breaded haddock with chips, peas and baked beans Tomato and garlic pasta with garlic bread Chicken fajita wrap with peppers, onions, sweetcorn and spicy rice |
| <u>PASTA/SALAD/BAKED POTATO</u> | Pasta salad of Italian chicken Mayonnaise Baked Potato with cheese/tuna mayonnaise | Pasta salad of Peri peri 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 tuna mayonnaise Baked Potato with cheese/tuna mayonnaise |
| <u>CAKE</u> | Fruit muffin Fruit Tub Yoghurt Jelly | Coconut and raspberry squares Fruit Tub Yoghurt Jelly | Fruit muffin Fruit Tub Yoghurt Jelly | Peach muffin and custard Fruit Tub Yoghurt Jelly | Fruit muffin Fruit Tub Yoghurt Jelly |
| <u>HOT GRAB AND GO DELI</u> | Cheese and ham panini BBQ chicken and cheese panini Chicken Tikka panini | 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 Pizzini |
| <u>COLD GRAB AND GO DELI</u> | 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> | Mixed Salads | Mixed Salads | Mixed Salads | Mixed Salads | Mixed Salads |
| | | | | | |

| | | | | | |
|---------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <u>DRINKS</u> | Various drinks available | Various drinks available | Various drinks available | Various drinks available | Various drinks available |
|---------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|