

WEEK 3 - 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>	Tomato Soup	Red pepper and tomato dip with pitta bread or Lentil Soup	Leek and potato soup	Broccoli soup	Lentil Soup
<u>MAIN/HOT</u>	Chicken puff pastry pie with carrots, peas and gravy Tomato and garlic pasta with peas, sweetcorn and crusty bread Beef burger in a bun with salad, baked baby potatoes and broccoli	Meatballs in a tomato sauce with green beans and carrots and rice Creamy pasta with ham, peas, broccoli and garlic bread Salmon fish finger baguette with salad, tartar sauce, peas and chips	Chicken curry with rice, peas and carrots Chicken, tomato and sweetcorn pasta with crusty bread Breaded Missisizzling chicken burger in a bun with salad, potato wedges and baked beans	Beef stew with mixed country vegetables, garlic bread and baked beans Macaroni cheese with cauliflower and garlic bread Chicken goujon wrap with low fat mayonnaise and salad, boiled potatoes and sweetcorn	Breaded haddock with broccoli, cauliflower and chips Tomato, herb and garlic pasta with peas and crusty bread Peri Peri chicken burger in a bun with sweetcorn and Bombay potatoes
<u>PASTA/SALAD</u>	Pasta salad of Peri peri chicken 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	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 Flapjack Fruit Tub Yoghurt Jelly	Fruit muffin Fruit Tub Yoghurt Jelly	Crispy cake Fruit Tub Yoghurt Jelly	Fruit muffin Fruit Tub Yoghurt Jelly	Raspberry 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 Pizzini	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
<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