

WEEK 1 - 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	Tomato Soup	Carrot and Butternut Squash Soup	Leek and Potato Soup	Tomato and mozzarella bruschetta Or 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. Macaroni cheese with a side of cauliflower and garlic bread Breaded missisizling chicken burger in a bun with salad	Oriental noodles with chicken and stir fried vegetables Lasagne with sides of peas, sweetcorn and a slice of crusty bread Cheese burger in a bun with salad, wedges and baked beans	Chicken and potato curry with rice and peas Pasta spirals in a Bolognese sauce with carrots and a slice of crusty bread Falafel pitta pocket with salad and sweet chilli sauce, sweetcorn and Bombay potatoes	Steak pie with country vegetables and green beans and boiled baby potatoes Macaroni cheese with green beans and a slice of garlic bread BBQ chicken burger in a bun with salad and a potato salad	Breaded Haddock with broccoli, baked beans and chips Chicken, tomato and herb penne pasta with broccoli and a slice of crusty bread Beef Burger in a bun with salad, chips and baked beans
<u>PASTA SALAD/BAKED POTATO</u>	Pasta salad of tuna mayonnaise/ Baked Potato with beans or cheese	Pasta salad of Italian chicken Mayonnaise Baked Potato with cheese and baked beans or tuna mayonnaise	Pasta salad of peri peri chicken mayonnaise Baked Potato with beans or cheese	Pasta salad of tuna mayonnaise Baked Potato with cheese and baked beans or tuna mayonnaise	Pasta salad of Italian chicken Mayonnaise Baked Potato with beans or cheese
<u>CAKE</u>	Strawberry and oat Cookie Fruit Tubs Yoghurt Jelly	Fruit muffin Fruit Tubs Yoghurt Jelly	Banana muffin Fruit Tubs Yoghurt Jelly	Fruit muffin Fruit Tubs Yoghurt Jelly	Peach Muffin Fruit Tubs Yoghurt Jelly
<u>HOT GRAB AND GO DELI</u>	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 Pizzini	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>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