



## Secondary School Menu April - October 2018



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	Pork Sausage with Mash & Gravy	Beef & Onion Pie with Boiled Potatoes	Roast Chicken with Roast Potatoes & Gravy	Chicken Curry with Wholemeal Rice	Fish Fingers with Chips
VEGETARIAN FROM THE KITCHEN	Quorn & Vegetable Pasta Bake	Homemade Spicy Bean Burger	Veggie Strips with Roast Potatoes & Gravy	Macaroni Cheese with Mushroom & Chive	Neopolitan Pasta Bake
VEGETABLES	Peas & Carrots	Green Beans & Cauliflower	Broccoli & Carrots	Roasted Courgette & Sweetcorn	Peas & Baked Beans
TILLER & HOBS MEAT	Moshi Noodles Thai Red Chicken Noodles	Soul & Spice Slow Cooked Belly Jerk Pork w/ Southern Rice & Peas	Me Gusta BBQ Beef Burrito w/ Baked Butternut Squash Wedges	Philly Mac Mexican Pork w/ Baked Sweet Potato Wedges	Coopers Garlic & Lemon Chicken Thigh w/ Pitta Bread & Corn Salsa
TILLER & HOBS VEGGIE	Karma Curry - Spinach & Lentil Dahl	Ciao Italia Pasta w/ Mushroom Sauce	Ciao Italia Cheese & Tomato Calzone	Moshi Noodles Malaysian Vegetable Noodles	Me Gusta Chilli Sin Carne w/ Green Rice
JACKET	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Salmon Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw
DESSERT	Pear & Peach Crumble with Custard	Treacle Sponge & Vanilla Sauce	Pineapple & Honey Sponge w/ Custard	St. Clements Cake with Citrus Drizzle	Banana & Coconut Muffin
COLD DESSERT	Selection from Graze Bar	Selection from Graze Bar	Selection from Graze Bar	Selection from Graze Bar	Selection from Graze Bar



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	BBQ Pork with Rice	Beef Pasta Bolognese	Roast Gammon with Roast Potatoes & Gravy	Sweet & Sour Chicken with Egg Noodles	Battered Fish with Chips
VEGETARIAN FROM THE KITCHEN	Quorn Meatball with Tomato Sauce & Pasta	Cheese & Onion Wholemeal Quiche with Crushed Potatoes	Red Onion & Tomato Frittata with Roast Potatoes	Cheese & Potato Pie	Quorn Frankfurter with Chips
VEGETABLES	Green Beans & Sweetcorn	Peas & Carrots	White Cabbage & Broccoli	Mushroom Stirfry & Sweetcorn	Peas & Baked Beans
TILLER & HOBS MEAT	Me Gusta Italian Wrap w/ Home Made Onion Rings	Coopers Tandoori Chicken Strips w/ Naan & BBQ Beans	Karma Curry Chicken Korma w/ Savoury Rice	Ciao Italia Lamb Kheema Pasta w/ Spiced Sweet Potato Wedges	Moshi Singapore Chicken Noodles
TILLER & HOBS VEGGIE	Karma Curry Thai Green Vegetable Curry w/ Plain Rice & Mini Corn on Cobs	Ciao Italia Veggie Dream Calzone (folded pizza)	Philly Mac Spicy Bean w/ Sweet Potato Wedges	Me Gusta Bombay Vegetable Burrito w/ Tomato & Corn Salsa	Ciao Italia Red Pepper Pasta w/ Garlic Bread
JACKET	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw
DESSERT	Peach Upside Down with Custard	Chocolate Sponge w/ Vanilla Sauce	Fruit Crumble & Custard	Marble Sponge & Custard	Lemon & Poppyseed Muffin
COLD DESSERT	Selection from Graze Bar	Selection from Graze Bar	Selection from Graze Bar	Selection from Graze Bar	Selection from Graze Bar



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	Beef Chilli Con Carne with Rice	Chicken & Sweetcorn Pie with Mashed Potatoes	Roast Pork with Roast Potatoes & Gravy	Cottage Pie	Fish Breaded with Chips
VEGETARIAN FROM THE KITCHEN	Neopolitan Pasta	Fry's Vegetarian Lasagne	Vegetable & Lentil Loaf with Roast Potatoes & Gravy	Wholemeal Cheese & Red Onion Calzone	Roast Vegetable Tart
VEGETABLES	Carrots & Green Beans	Cauliflower & Peas	Broccoli & Red Cabbage	Sweetcorn & Mediterranean Roasted Vegetables	Peas & Baked Beans
TILLER & HOBS MEAT	Coopers Deep South Fried Chicken w/ Savoury Rice & Cheese & Chilli Slaw	Moshi BBQ Beef Noodles w/ Soy Garlic Mushrooms	Karma Curry Thai Red Chicken Curry w/ Pilau Rice	Soul & Spice BBQ Baby Back Ribs w/ Southern Rice Peas	Ciao Italia Ham & Pineapple Calzone
TILLER & HOBS VEGGIE	Philly Mac Huevos Rancheros	Quorn & Vegetable Fajita	Ciao Italia Tomato & Herb Pasta w/ Garlic Dough Balls	Vegetable & Chickpea Jambalaya	Ciao Italian Tuna & Sweetcorn Calzone
JACKET	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw	Cheese, Tuna Mayonnaise, Baked Beans or Coleslaw
DESSERT	Apple Crumble with Custard	Berry Sponge with Honey Custard	Toffee Pudding & Custard	Blue Berry Muffin	Chocolate & Beetroot Brownie
COLD DESSERT	Selection from Graze Bar	Selection from Graze Bar	Selection from Graze Bar	Selection from Graze Bar	Selection from Graze Bar