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Week 1	Celery	Cereals	Crustace	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur
Monday	55.5.7	containi	an	-88*								Seeds	00,0	Dioxide
Beef Al Forno with Garlic Flatbread and Garden Salad		✓					✓							
Spinach and Ricotta Cannelloni with Garlic Flatbread and Garden Salad		✓		✓			✓							
Sticky Chinese Pork with Udon Noodles		✓												
Falafel Pattie with Avocado Salsa in Lebanese Flatbread		✓												
Chocolate and Raspberry Brownie		✓		✓										
FRESSSH Fruit Pot														
Panko- Crumbed Chicken with Katsu Curry Sauce and Sticky Rice	✓	✓		✓									<b>✓</b>	
Tofu with Katsu Curry Sauce and Sticky Rice	✓												✓	
Halloumi with Roasted Butternut Squash and Qunioa							✓							
German Bratwurst Sausage in a Hot Dog Roll with Mustard Mayo and Crispy Onions		✓		✓					✓					
Zesty Lemon Cheesecake		✓					✓							
FRESSSH Fruit Pot														
Wednesday														
Steak and Mushroom Pie with Mustard Mash and Seasonal Vegetables		✓		✓					✓					
Vegemince and Onion Pie with Mustard Mash and Seasonal Vegetables		✓							✓				✓	
Tomato and Basil Pasta Topped with Mozzarella		✓					✓							
Curried Chicken Naan Burger with Chilli Mango and Indian Salad		✓					✓							
Parsnip and Marmalade Cake		✓		✓										
FRESSSH Fruit Pot														
Thursday														
Sticky Sweet Chilli Chicken Noodles and Shredded Veg														
Oriental Sweet Chilli Vegetables with Rice Noodles														
Spicy Kofta Meatballs with Cous-Cous and Salsa		✓												
Spinach and Mozzarella Calzone		✓					✓							
Sweet Waffle with Chocolate Sauce														
FRESSSH Fruit Pot														
Friday														
Battered Fish with Chunky Chips, Mushy Peas or Beans		✓			✓									
Chickpea and Bean fritter with Chunky Chips, Mushy Peas or Beans														
Loaded Chips' Chunky Chips topped with Fried Onions, Bacon Bits, Gravy and Cheese		✓					✓						✓	
Jamaican Jerk Chicken Wrap with Rainbow Salad		✓							✓					✓
Ice Cream with Fruit Toppings							✓							
FRESSSH Fruit Pot														



## **High School Lunch Menu 2019**



















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	WINE

		Cereais	-2-40		10			3						
Week 2	Colony	containi	Crustace	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphu
Monday	Celeiy	na	an	Lggs	Fish	Lupiii	IVIIIK	Wioliusc	iviustaru	ivuts	realiuts	Seeds	Juya	Dioxid
Chinese Sticky Pork with Cantonese Vegetables and Rice Noodles														
Chinese Sticky Tofu with Cantonese Vegetables and Rice Noodles													✓	
Moroccan Cous-Cous with Spiced Cauliflower		✓												
Jumbo Fish Goujon in a Wrap with Salad and Tartare Sauce		✓		✓	✓									
Shortbread Bites		✓												
FRESSSH Fruit Pot														
Tuesday														
Beef Burrito with Mexcian Rice and Charred Sweetcorn		✓					✓							
Vegetable Burrito with Mexican Rice and Charred Sweetcorn		✓											✓	
Louisiana Buttermilk Chicken Bites with Skinny Sweet Potato Fries and Cajun Sauce		✓		✓			✓		✓					
Tomato and Meatball Sub with Cheese		✓					✓						✓	✓
Mini Doughnuts with a Chocolate Dip		✓		✓			✓						✓	
FRESSSH Fruit Pot														
Wednesday														
Pork with Gravy, Roast Potatoes and Seasonal Vegetables														
Vegetable Roast with Gravy, Roast Potatoes and Seasonal Vegetables		✓		✓			✓						✓	
Thai-Infused Vegetables with Rice Noodles														
Ultimate Texan Burger with BBQ Sauce, Bacon and Tangy Cheese		✓			✓		✓					✓		
Lemon and Poppyseed Cake		✓		✓			✓							
FRESSSH Fruit Pot														
Thursday														
Spaghetti Carbonara with Garlic Bread and Garden Salad		✓					✓							
Creamy Mushroom Spaghetti with Garlic Bread and Garden Salad		✓					✓							
Falafel Bites with Warm Quinoa and Lentil Salad		✓												
Spicy Chicken and Avocado Quesadilla		✓					✓		✓					
Forest Fruits Baked Cheesecake		✓		✓			✓						<b>\</b>	
FRESSSH Fruit Pot														
Friday														
Smoked Haddock Fishcake with Chunky Chips, Mushy Peas or Beans		✓			✓		✓		✓					
Chickpea and Bean Fritter with Chunky Chips, Mushy Peas or Beans														
Loaded Chips' Chunky Chips Topped with Pulled BBQ Pork and Garlic Aioli				✓					✓					
Tofu, Sweet Pepper and Onion Fajita Wrap		✓							✓				✓	
Fruit Flapjack		✓												
FRESSSH Fruit Pot														





















Week 3 Monday	Celery	Cereals containi ng Gluten	Crustace an	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chicken Dhansak Curry with Pilaf Rice and a Poppadum	<b>√</b>													
Vegetable Dhansak Curry with Pilaf Rice and Poppadum	✓													$\vdash$
Halloumi with Roasted Vegetables and Quinoa							✓							-
BBQ Pulled Pork in a Roll with Apple and Celeriac Slaw	✓	✓		✓					✓			✓		✓
Frozen Strawberry Yogurt							✓							
FRESSSH Fruit Pot														igwdown
Tuesday														
Beef Lasagne with Garlic Dough Balls and Garden Salad		<b>✓</b>					✓							
Butternut Squash and Sweet Pepper Linguine		✓												
Potato Bravas with Chorizo Sausage														
Southern-Baked Chicken Wrap and Crisp Lettuce and Pickled Vegetables		✓		✓			✓		✓					
Frosted Carrot Cake		✓		✓										
FRESSSH Fruit Pot														
Wednesday														
Roast Chicken with Stuffing, Roast Potatoes and Seasonal Vegetables		✓												
Vegetable Wellington with Roast Potatoes and Seasonal Vegetables		✓		✓			✓							
Five Bean Chilli with Nachos and Salsa														
Swedish-Style Meatballs in a Pitta Pocket		✓					✓							
Eton Mess				✓			✓						✓	
FRESSSH Fruit Pot														
Thursday														
Kung Pao Pork with Fried Rice		✓										✓	<b>\</b>	
Kung Pao Vegetables with Fried Rice		✓										✓	<b>\</b>	
Macaroni Cheese with Crispy Onion, Rocket and Drizzled with a Lemon and Herb Oil		✓					✓							
Curried Pulled Chicken Chapatti with Indian Salad, Mango Chutney and Raita		✓					✓							
Blueberry and Granola Crunch Muffin		✓		✓			✓							
FRESSSH Fruit Pot														
Friday														
Salmon Fishcake or Battered Fish with Chunky Chips, Mushy Peas or Beans		✓			✓									
Sweet Potato and Vegetable Fritter with Chunky Chips, Mushy Peas or Beans														
Loaded Chips' Chunky Chips with Chicken Strips, Bacon, Cheese and Ranch Sauce		✓		✓			✓		✓					
Cheese and Tomato Quesadilla		✓					✓							
Chocolate and Beetroot Brownie		✓		✓										
FRESSSH Fruit Pot														