

High School Spring/Summer 2018 Menu

W/C 09/04 30/04 21/05 18/06 09/07 10/09 01/10 22/10

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Global Adventure	<p>Caribbean Jerk Beef Wrap</p> <p>Carnival Pasta</p> <p>Sweetcorn</p>	<p>Chinese Aromatic Soy Pork with Egg Noodles</p> <p>Wok Tossed Oriental Vegetables</p>	<p>British Roast Turkey</p> <p>Roast Potatoes</p> <p>Seasonal Cabbage, Carrots & Gravy</p>	<p>Indian Beef Keema Balti Curry</p> <p>Naan Bread</p> <p>Wholegrain Rice**</p>	<p>British Crispy Battered Fish Fillet</p> <p>Chips</p> <p>Peas Carrots Baked Beans</p>
High Street Favourites	<p>Deep South Diner New Yorker Quorn Dog (v)</p>	<p>Wings & Things Special Marinated Roast Chicken Drumsticks <i>with</i> BBQ <i>or</i> Sticky Tabasco</p>	<p>Deep South Diner Ultimate Beef Burger</p>	<p>Wings & Things Lemon Piri Chicken Pitta</p>	<p>Deep South Diner Cajun Pulled Pork & Bean Pitta</p>
	<p>Black Eyed Bean & Vegetable Burger (v)</p>	<p>Oriental Noodles (v)</p>	<p>Sweet Potato & Squash Casserole (v)</p>	<p>Veg and Bean Quesadilla (v)</p>	<p>Vegetable Quarter Pounder (v)</p>
	<p>Cajun Wedges</p>	<p>Garlic Bread</p>	<p>Paprika Wedges</p>	<p>Tomato and Herb Rice</p>	<p>Chips</p>
	<p>Chop Chop Salad</p>	<p>BBQ Beans</p>	<p>Peas</p>	<p>Caesar Salad</p>	<p>Pineapple Coleslaw</p>
Traditional Classics	<p>Local Pork Sausages & Onion Gravy</p>	<p>Creamy Chicken & Mushroom Pot</p>	<p>Roast Local Turkey <i>with</i> Gravy</p>	<p>Traditional Lasagne</p>	<p>Bubble & Squeak Fish Cakes</p>
	<p>Creamed Potatoes Seasonal Cabbage Sweetcorn</p>	<p>Garden Peas Sliced Carrots</p>	<p>Creamed Potatoes Broccoli Roast Vegetable Medley</p>	<p>Charred Courgettes House Salad</p>	<p>Chips Mushy peas Sliced Carrots</p>
	<p>Peach Mousse Crunch*</p>	<p>Pineapple Upside Down Pudding* <i>with</i> Custard</p>	<p>Apple Cracknel* <i>with</i> Custard</p>	<p>Courgette, Apple & Cinnamon Muffin*</p>	<p>Strawberry & Peach Strudel* <i>with</i> Custard</p>

Fresh Fruit and Yoghurt pots served daily *Fruit Based **Wholegrain ***Oily Fish (v) Vegetarian

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Global Adventure	<p>CHINESE Chicken Hakka Noodles</p> <p>Broccoli</p>	<p>Mexican Baked Beef Chimichangas</p> <p>Cajun Wedges</p> <p>Streetcorn Salad</p>	<p>British Roast Pork</p> <p>Roast Potatoes</p> <p>Seasonal Cabbage, Carrots & Gravy</p>	<p>Japanese Chicken Katsu Curry</p> <p>Pineapple Rice</p> <p>Pickled Cucumber Salad</p>	<p>British Crispy Battered Fish Fillet</p> <p>Thai Sweet Chili Salmon Wrap***</p> <p>Chips Carrots Peas</p>
High Street Favourites	<p>Wings and Things Chicken Mayo Burger</p>	<p>Wings & Things Cajun Chicken <i>with Salsa</i></p>	<p>Deep South Diner Deep South Burger</p>	<p>Deep South Diner Chipotle BBQ Pork</p>	<p>Deep South Diner BBQ Pulled Pork Burger</p>
	Haloumi & Roasted Vegetable Wrap (v)	Boston Bean Casserole (v)	Sweet Potato & Black Bean Enchilada (v)	BBQ Quorn and Vegetable Skewer (v)	Quorn Sausage Pattie & Cheese Bun (v)
	Paprika Wedges	Wholegrain Rice**	Baked Garlic & Herb Wedges	Garlic Bread**	Chips
	American Style Slaw	Red Slaw	BBQ Beans	Corn on the Cob	Apple Slaw
Traditional Classics	Turkey Meatballs in Tomato Sauce	Chicken Korma	Roast Pork <i>with Gravy</i>	Cottage Pie	Crispy Battered Fish Fillet
	Penne Pasta Roast Vegetable Medley Garden Peas	Wholegrain Rice** British Greens Baked Tomatoes <i>with Parsley Crust</i>	Creamed Potatoes Sweetcorn Seasonal Cabbage	Paprika Wedges Cauliflower Broccoli	Chips Garden Peas Sliced Carrots
	Apple & Blackberry Pie*	Tutti Frutti Mousse Crunch*	Peach Sponge Tray Bake* <i>with Custard</i>	Apple & Blackberry Charlotte*	Plum Cobbler* <i>with Custard</i>

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W/C 23/04 14/05 11/06 02/07 03/09 24/09 15/10

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Global Adventure	<p>Mexican Chicken Molay</p> <p>Mexican Yellow Rice**</p> <p>Green Beans</p>	<p>Indian Curried Pulled Pork Flatbread</p> <p>Spiced Sweet Potato</p> <p>Crunch Vegetable Salad</p>	<p>British Roast Beef</p> <p>Roast Potatoes Carrots, Seasonal Cabbage & Gravy</p>	<p>Thai Chicken Pad Khing</p> <p>Broccoli</p>	<p>British Crispy Battered Fish Fillet</p> <p>Chips</p> <p>Peas Carrots</p>
High Street Favourites	<p>Deep South Diner Beef Chilli Nachos</p>	<p>Wings & Things Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco</p>	<p>Deep South Diner Quorn Cheese Burger</p>	<p>Wings & Things Smoky BBQ Chicken and Boston Bean Wrap</p>	<p>Deep South Diner New York Hot Dog</p>
	<p>Black Eyed Bean Veggie Jambalaya (v)</p>	<p>Sweet Potato Bean Burger (v)</p>	<p>Loaded Triple Mac and Cheese (v)</p>	<p>Sweetcorn and Chickpea Vegetable Burger (v)</p>	<p>Cajun Vegetable and Bean Burrito (v)</p>
	<p>Garlic Bread</p>	<p>Carnival Rice</p>	<p>Baked Garlic & Herb Wedges</p>	<p>Paprika Wedges</p>	<p>Chips</p>
	<p>Southern Greens</p>	<p>Corn Slaw</p>	<p>BBQ Beans</p>	<p>Chop Chop Salad</p>	<p>House Slaw</p>
Traditional Classics	<p>Pasta Bolognese Bake</p>	<p>Creamy Chicken & Mushroom Pot</p>	<p>Roast Beef</p>	<p>Sweet & Sour Chicken</p>	<p>Crispy Battered Fish Fillet</p>
	<p>British Greens Herby Courgettes & Peppers</p>	<p>Seasonal Cabbage Sliced Carrots</p>	<p>Roast Potatoes Broccoli Roast Cauliflower</p>	<p>Rice House Salad</p>	<p>Chips Garden Peas <i>with</i> Sliced Carrots Baked Beans</p>
	<p>Caramelised Apricot Tart* <i>with</i> Custard</p>	<p>Chocolate Mousse Crunch*</p>	<p>Pineapple* Upside Down Pudding <i>with</i> Custard</p>	<p>Peach Crumble* <i>with</i> Chocolate Sauce</p>	<p>Banana Bread* <i>with</i> Chocolate Sauce</p>

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