

SECONDARY SCHOOL MENU - WEEK ONE

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Sweetcorn OR Mexican	Potato OR Chicken & Rice	Chicken & Noodle OR Lentil	Tomato OR Moroccan Chickpea	Vegetable OR Potato & Leek
Main Course 1	Chicken Curry	Breaded Haddock	Lasagne	Roast Pork & Optional Gravy	Break Time - Panini
Main Course 2	Vegetable Biryani	Quorn Southern Burger	Quorn Cottage Pie	Vegetarian Sausages & Optional Gravy	
Starchy Dish& Vegetables	Rice Chipati Broccoli Cauliflower Salad	Chips Baked beans Sweetcorn Salad	Garlic Bread Carrots Cauliflower Salad	Potatoes Sweetcorn Peas Salad	Mixed Salad
Puddings	Fruit Pots Pieces of Fruit Angel Mousse Jelly Chocolate cake with custard & fruit	Fruit Pots Pieces of Fruit Angel Mousse Jelly	Fruit Pots Pieces of Fruit Angel Mousse Jelly	Fruit Pots Pieces of Fruit Angel Mousse Jelly Rice Pudding	Fruit Pots Pieces of Fruit Angel Mousse Jelly

SECONDARY SCHOOL MENU - WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken & Rice OR Tomato	Moroccan Chickpea OR Vegetable Broth	Roasted Pepper & Butternut Squash OR Carrot & Corriander	Lentil OR Mexican	Carrot & Potato OR Cream of Chicken
Main Course 1	Salmon Fishcakes	Roast Beef (42g red meat) with Gravy	Chicken Teriyaki	Chicken Pie	Break time - Panini
Main Course 2	Macaroni Cheese	Vegetable Meatball in Tomato Sauce	Quorn Sweet & Sour Vegetables	Vegetable Potato Pie	
Starchy Dish& Vegetables	Potatoes Baked Beans Peas Salad	Potatoes Yorkshire Pudding Carrots Cauliflower Salad	Rice Sweetcorn Broccoli Salad	Potatoes Peas Carrots Salad	Mixed salad
Puddings	Fruit Pots Pieces of Fruit Angel Mousse Jelly	Fruit Pots Pieces of Fruit Angel Mousse Jelly Orange cake & fruit Custard	Fruit Pots Pieces of Fruit Angel Mousse Jelly	Fruit Pots Pieces of Fruit Angel Mousse Jelly	Fruit Pots Pieces of Fruit Angel Mousse Jelly

SECONDARY SCHOOL MENU - WEEK THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Mexican OR Sweetcorn	Vegetable Broth OR Spicy bean	Chicken Noodle OR Lentil	Potato & Leek OR Green Pea Soup	Tomato OR Cream of Lentil
Main Course 1	Macaroni Cheese	Roast Chicken	Breaded Haddock	Mince Pie	Break time - Panini
Main Course 2	Chicken Fajitas	Mexican Rice	Spicy Noodles	Pasta & Broccoli Bake	
Starchy Dish & Vegetables	Garlic Bread Peas Sweetcorn Salad	Potatoes Carrots Green Beans Salad	Chips Baked Beans Peas Salad	Potatoes Mixed Vegetables Turnip Salad	Mixed salad
Puddings	Fruit Pots Pieces of Fruit Angel Mousse Jelly	Fruit Pots Pieces of Fruit Angel Mousse Jelly	Fruit Pots Pieces of Fruit Angel Mousse Jelly Rice Pudding	Fruit Pots Pieces of Fruit Angel Mousse Jelly Plain sponge & fruit Custard	Fruit Pots Pieces of Fruit Angel Mousse Jelly

SECONDARY SCHOOL MENU - WEEK FOUR

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Carrot & Corriander OR Curried Parsnip & Carrot	Spicy Lentil OR Chicken & Rice	Cream of Chicken OR Tomato	Green Pea Soup OR Potato	Potato OR Cream of Chicken
Main Course 1	Chicken Fricasse	Steak Pie	Homemade Salmon Fishcakes	Chicken Katsu Curry	Break time - Panini
Main Course 2	Brazilian Coconut Curry	Vege Meatballs in Tomato Sauce	Cauliflower Cheese	Quorn Noodles in Black bean Sauce	
Starchy Dish& Vegetables	Rice Carrots Broccoli Salad	Spaghetti Potatoes Cabbage Sweetcorn Salad	Potato Wedges Baked Beans Broccoli Salad	Rice Peas & Sweetcorn Carrots Salad	Salad
Puddings	Fruit Pots Pieces of Fruit Angel Mousse Jelly	Fruit Pots Pieces of Fruit Angel Mousse Jelly Carrot cake cookie & fruit	Fruit Pots Pieces of Fruit Angel Mousse Jelly	Fruit Pots Pieces of Fruit Angel Mousse Jelly	Fruit Pots Pieces of Fruit Angel Mousse Jelly