

Spring / Summer High School Menu 2016 Week Commencing: 11th April • 2nd May • 23rd May • 20th June • 11th July • 5th September • 26th September • 17th October

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Chicken Grill in a Bap Homemade Potato Wedges or Pasta Baked Beans or Spaghetti Hoops	Chicken and Vegetable Pie or Chicken In Gravy in a Yorkshire Pudding Mashed Potato or Rice and Vegetables	Roast Pork, Stuffing and Apple Sauce Mashed & Roast Potato Broccoli and Carrots or Salad - Gravy	Lasagne or Bolognaise Garlic Bread Peas and Sweetcorn	Fish Finger or Salmon Bake Chips/ Mashed Potato or Pasta Baked Beans or Peas
Vegetarian Option	Cheese & Vegetable Bake in a Bap Homemade Potato Wedges or Pasta Baked Beans or Spaghetti Hoops	Vegetable Pie or Quorn in Gravy in a Yorkshire Pudding Mashed Potato or Rice and Vegetables	Vegetarian Cottage Pie Mashed & Roast Potato Broccoli and Carrots or Salad - Gravy	Vegetarian Lasagne or Bolognaise Garlic Bread Peas and Sweetcorn	Homemade Glamorgan Sausage Chips/ Mashed Potato or Pasta Baked Beans or Peas
Dessert	Yoghurt and Shortbread Biscuit	Fruit Cheese Cake	Cookie Ice Cream	Chocolate Sponge and Chocolate Sauce	Summer Fruit Muffin and a Glass of Milk

Week Commencing: 18th April • 9th May • 6th June • 27th June • 18th July • 12th September • 3rd October

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Mini Grill Sausage, Hash Brown, Baked Beans, Half an Omelette and Mushrooms	Cottage Pie or Savoury Mince Mashed Potatoes Vegetables and Gravy	Roast Turkey and Stuffing Mashed & Roast Potato Broccoli and Carrots or Salad - Gravy	Meatballs in a Savoury Sauce or Gravy - Garlic Bread - Pasta or Rice Seasonal Vegetables	Breaded Cod or Mini Fishcakes Chips/ Mashed Potato or Pasta - Baked Beans or Peas
Vegetarian Option	Veggie Mini Grill Homemade Glamorgan Sausage, Hash Brown, Baked Beans, Half an Omelette and Mushrooms	Vegetarian Cottage Pie or Vegetarian Savoury Mince Mashed Potatoes - Vegetables and Gravy	Cheese and Potato Pie with Baked Beans	Homemade Veggie Balls in Savoury Sauce or Gravy - Garlic Bread - Pasta or Rice - Seasonal Vegetables	Omelette Chips/ Mashed Potato or Pasta Baked Beans or Peas
Desserts	Homemade Carrot Cake	Jaffa Sponge and Custard	Fruit Jelly and Yoghurt	Goosey Chocolate Pudding with Choco- late Sauce	Banana and Chocolate Muffins and a Glass of Milk

Week Commencing: 25th April • 16th May • 13th June • 4th July • 29th August • 19th September • 10th October

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Ham & Cheese Pasta or Chilli and Rice with Garlic Bread, Vegetables or Coleslaw	Chicken Curry or Chicken in Gravy Rice and Vegetables with Half a Naan Bread	Roast Beef and Yorkshire Pudding Mashed & Roast Potato Green Beans and Carrots or Salad - Gravy	Sausage and Mash or Pasta Peas and Gravy or Baked Beans	Breaded Haddock or Fish Cake Chips/ Mashed Potato or Pasta Baked Beans or Peas
Vegetarian Option	Vegetable & Cheese Pasta or Quorn Chilli and Rice Garlic Bread, Vegetables or Coleslaw	Vegetable Curry or Quorn in Gravy Rice and Vegetables with Half a Naan Bread	Lentil Bake Mashed & Roast Potato Green Beans and Carrots or Salad - Gravy	Homemade Glamorgan Sausage and Mash Peas and Gravy or Baked Beans	Cheese and Onion Quiche Chips or Pasta Baked Beans or Peas
Desserts	Fruit Flapjack	Jam Roly Poly and Custard	Fruit Jelly and Yoghurt	Summer Fruit Sponge and Custard	Krispie Cake and a Glass of Milk

Bread, Fresh Fruit and Summer Salad Bar Available Daily!

Due to circumstances beyond our control, there may at times be a slight variance in our menus; we apologise for any inconvenience this may cause. The fruit and vegetables we serve are also subject to seasonal variation.

