

SHIRLEY HIGH MENU SPRING TERM WEEK 3

Fresh fruit available daily for every child in the school.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MEAT MEAL	Chilli Beef & Rice	Beef Stroganoff & Rice	Jerk Chicken with Rice & Peas	Mediterranean Lamb with Rice or Mash Potato	Maryland Chicken
VEGETARIAN MEAL	Red Dragon Pie	Mexican Bean Wraps	Vegetable Patties & Bread Roll	Quorn Stir Fry	Vegetable Noodles
PASTA MEAL	Tomato & Vegetable Pasta Bake	Five-a-Day Lasagne	Roasted Vegetable Spaghetti	Florentine Bake	Pasta bolognese
FISH MEAL TWICE A WEEK		Salmon & Leek Quiche		Prawn Noodles	
VEGETABLE OR SALAD SIDE DISH	Peas & Green Salad	Carrots & Green Salad	Sweetcorn & Green Salad	Mixed Vegetables & Green Salad	Corn & Green salad
EXTRA BREAD	Free Bread	Free Bread	Free Bread	Free Bread	Free Bread
DESSERTS	Rice Pudding & Biscuits	Iced Sponge & Biscuits	Fruit Jelly & Biscuits	Summer Pudding & Biscuits	Doughnuts & Biscuits
GRAB & GO HOT FOOD	Chicken Portions, Pitta Pizzas, Soup and Jacket Potato with Fillings	Chicken Portions, Pitta Pizzas, Soup and Jacket Potato with Fillings	Chicken Portions, Pitta Pizzas, Soup and Jacket Potato with Fillings	Chicken Portions, Pitta Pizzas, Soup and Jacket Potato with Fillings	Chicken Portions, Pitta Pizzas, Soup and Jacket Potato with Fillings
GRAB & GO COLD FOOD	Sandwiches, Pasta Salad Pots, Plated Salads	Sandwiches, Pasta Salad Pots, Plated Salads	Sandwiches, Pasta Salad Pots, Plated Salads	Sandwiches, Pasta Salad Pots, Plated Salads	Sandwiches, Pasta Salad Pots, Plated Salads
ADDITIONAL DESSERTS/DRINKS	Yoghurts, Fruit, Water, Fruit Juices and Fruitina	Yoghurts, Fruit, Water, Fruit Juices and Fruitina	Yoghurts, Fruit, Water, Fruit Juices and Fruitina	Yoghurts, Fruit, Water, Fruit Juices and Fruitina	Yoghurts, Fruit, Water, Fruit Juices and Fruitina

All vegetarians main meals contain a sauce of protein.
Free iced water, salad bar side portion of vegetables available daily

Free bread available.
Jacket potatoes available with a choice of filling daily.