

# SHIRLEY HIGH MENU SUMMER TERM WEEK 1

Fresh fruit available daily for every child in the school.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MEAT MEAL	Chicken Chasseur	Cottage pie	Sweet & sour pork with rice	Chicken Fajitas	Beefburgers
VEGETARIAN MEAL	Vegetable stir fry	Mexican bean wraps	Quorn & vegetable balti with rice	Red dragon pie	Leek & asparagus risotto
PASTA MEAL	Tomato & basil pasta	Chicken & broccoli pasta	Quorn bolognese	Bacon & mushroom pasta	Macaroni cheese
FISH MEAL TWICE A WEEK		Prawn noodles		Salmon & spinach pasta	
VEGETABLE OR SALAD SIDE DISH	Mixed vegetables & green salad	Carrots & green salad	Sweetcorn & green salad	Peas & green salad	Mixed vegetables & green salad
EXTRA BREAD	Free bread	Free bread	Free bread	Free bread	Free bread
DESSERTS	Summer fruit crumble & biscuits	Peaches & biscuits	Iced sponge & biscuits	Fresh fruit salad & biscuits	Banana boats & 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 source 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.