

SHIRLEY HIGH MENU SUMMER TERM WEEK 3

Fresh fruit available daily for every child in the school.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MEAT MEAL	Braised chicken in gravy	Lamb Biryani with naan bread	Crispy chicken & mash	Top crust minced beef pie & mash	Fish & chips
VEGETARIAN MEAL	Cheese wraps	Vegetable sausages with tomato & herb sauce	Three bean chilli & rice	Quorn cottage pie	Quorn potato & leek pie
PASTA MEAL	Ham & leek pasta	Chicken & vegetable pasta bake	Beef lasagne	Tomato & basil pasta	Beef bolognese
FISH MEAL TWICE A WEEK		Tuna & sweetcorn pasta bake		Fish pie	
VEGETABLE OR SALAD SIDE DISH	Carrots & green salad	Sweetcorn & green salad	Peas & green salad	Mixed vegetables & green salad	peas & green salad
EXTRA BREAD	Free bread	Free bread	Free bread	Free bread	Free bread
DESSERTS	Iced sponge & biscuits	Fruit sponge & biscuits	Fruit jelly & biscuits	Banana boats & biscuits	Summer pudding & 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 vegetarian 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.