



Our Vision: To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.

# Shirley High School Performing Arts College

## Lunch Menu



### Week beginning

- 05 April
- 06 May
- 03 June
- 24 June
- 15 July

V = Vegetarian

VG = Vegan

H = Halal Meat

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT FOOD COUNTER</b>	<b>Meat Free Monday</b>	<b>Chef's Special Tuesday</b>	<b>Traditional Wednesday</b>	<b>Curry Thursday</b>	<b>Fish Friday</b>
<b>MEAT OR FISH MEAL 2.60</b>	Vegan summer vegetable burrito (VG)	Rolled Yorkshire pudding with slow cooked beef brisket, crispy potatoes & Stir-fried Cabbage	Jamaican roast chicken breast Fillet with roasted sweet potatoes & mixed veggies (H)	SHS Chicken Curry & basmati rice (H)	Seasonal Fish Tray Bake
<b>VEGETARIAN OR VEGAN MEAL 2.30</b>	Cheese & tomato pizza (V)	Vegan chow mein (VG)	Vegetable paella served with side salad & crusty loaf (VG)	Vegan biryani (VG)	Fresh dough vegan nacho pizza (VG)
<b>HOT SUB ROLL OR WRAP 2.00</b>	Sweet chilli southern fired NOT chicken wrap	Jamaican jerk chicken wrap	Southern fried sweet chilli chicken wrap (VG)	Lamb kofta Flat Breads with Mint Yoghurt & Spinach	Bombay chicken burrito
<b>PASTA CHOICE 2.40</b>	Tomato & basil (VG)	Beef bolognese (H)	Chicken fajita (H)	Creamy tomato & pepper pasta (V)	Chicken Meatball spaghetti (H)
<b>PASTA CHOICE 2.40</b>	Quorn rasta pasta V)	Broccoli & cheddar (v)	Beef lasagne (H)	Lamb bolognese (H)	Mac 'n' cheese (V)
<b>BOXED SALAD OPTION 2.00</b>	Mexican corn salad (VG)	Smoked salmon potato pots (V)	Tuna pasta salad	Sweet potato falafel with spiced couscous (VG)	Chicken crunch pasta salad (H)
<b>DESSERT 0.90 Vegan option available</b>	Muffin Monday Supper fruit muffin (V)	Sponge Tuesday Chocolate with chocolate sauce (V)	Custard Wednesday Summer fruit trifle (V)	Summer Delight Thursday Italian lemon Tart (V)	Cupcake Friday 99 Vanilla ice cream

98% of our meals & snacks are prepared daily using fresh ingredients from local suppliers. All our meats come from a local butcher and all have full traceability.

We try to offer organic produce where possible.

At our school garden the students produce a variety of fruit and vegetables, where possible the school kitchen uses these ingredients within the school menu.

If you suffer with an allergy or a food intolerance please check out our labelled goods for advice or ask to see the recipe card for a full allergy breakdown. We sell a range of dairy, wheat and gluten free meals and snacks. (Available daily at breakfast, break & lunch)

If you would like to receive more information regarding school dining please email [frost@shirley.croydon.sch.uk](mailto:frost@shirley.croydon.sch.uk)

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#### Week beginning

- 22 April
- 13 May
- 10 June
- 01 July
- 22 July

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT FOOD COUNTER	Meat Free Mondays	Chef's Special Tuesday	Traditional Wednesday	Curry Thursday	Fish Friday
<b>MEAT OR FISH MEAL 2.60</b>	Vegan NOT chicken katsu (VG)	Pineapple chicken & noodles (H)	Curried chicken fillet with roasted cumin & coriander root veggies (H)	Chicken biryani served with mixed salad (H)	Roasted salmon fillet Cooked with Summer Veggies
<b>VEGETARIAN OR VEGAN MEAL 2.30</b>	Cheese & tomato pizza (V)	Spiced jollof rice with fried plantain (VG)	Cheese & tomato flan with coleslaw potato salad	Lentil & squash curry (VG)	Five a day veggie pizza (V & VG)
<b>HOT WRAP OR SUB 2.00</b>	Quorn pesto Not chicken Wrap with quinoa Salad (VG)	Buffalo chicken with roasted Veggies & Cheese (H)	Mexican chicken flat breads with roasted vegetables	Chicken tikka Wrap with mango chutney & Crunchy Salad (H)	Asian fish finger wrap
<b>PASTA CHOICE 2.40</b>	Tomato & basil (VG)	Roasted red pepper pasta (V)	Five a day veggie lasagne (V)	Turkey bolognese	Salmon & broccoli pasta bake
<b>PASTA CHOICE 2.40</b>	NOT Meat bolognese made with Quorn mince (VG)	Chicken bolognese (H)	Chicken sausage pasta bake (H)	Mac 'n' cheese (V)	Super-veg pasta (V) 8 of your 5 a day fruit & veg
<b>BOXED SALAD 2.30</b>	Nut free pesto pasta with NOT chicken grilled veggies (V)	Tuna pasta salad	Chicken tandoori with mixed salad & a lemon dressing (H)	Potato salad (VG)	Chicken tikka with salad & mint yoghurt (H)
<b>DESSERT 0.90</b> Vegan Option Available	Muffin Monday Blueberry & custard (V)	Sponge Tuesday Jam sponge (V)	Custard Wednesday Strawberry mess with custard cream (V)	Summer Delight Thursday Pine-apple & passion fruit Eton mess (V)	Cupcake Friday Carrot (V)

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#### Week beginning

- 29 April
- 20 May
- 17 June
- 08 July

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT FOOD COUNTER	Meat Free Mondays	Chef's Special Tuesday	Traditional Wednesday	Curry Thursday	Fish Friday
<b>MEAT OR FISH MEAL 2.60</b>	Veggie style Not beef fried rice served with Chinese crackers (V)	Gammon, egg, potato & crunchy veg hash topped with cheese	Italian chicken fillet with roasted summer vegetables (H)	Persian lamb curry with herby rice	Battered fish fillet with diced potatoes & minted pea smash
<b>VEGETARIAN OR VEGAN MEAL 2.30</b>	Loaded wedges with barbeque Jack-fruit (VG)	Vegetable stir fry served with lime noodles (VG) made with honey	Cheese & tomato pizza (V)	Baked aloo gobi served with naan bread (VG)	Zesty noodle Stir Fry (VG)
<b>HOT SUB ROLL OR WRAP 2.20</b>	Falafel filled pittas with humus & mixed salad	Spicy beef flat bread pizza	Barbeque chicken (H)	Chicken tikka with mango chutney & mixed salad	Season fish fillet wrap with avocado & Kale Slaw
<b>PASTA CHOICE 2.40</b>	Tomato & basil (VG)	Beef bolognese (H)	Halal beef pepperoni & pepper pasta (H)	Tomato & basil (VG)	Mac 'n' Cheese (V)
<b>PASTA CHOICE 2.40</b>	Mac 'n' cheese (V)	Meatless meatball marinara (VG)	Vegan mac 'n' cheese made with soy milk (VG)	Chicken arrabbiata (H)	Cheese burger pasta bake (H)
<b>Boxed Salad Option 2.00</b>	Sriracha potato salad (VG)	Tuna pasta salad	Prawn cocktail seafood salad	Italian carbonara potato salad	Chicken Crunch Salad (H)
<b>DESSERT 0.90 Vegan Option Available</b>	Muffin Monday Chocolate muffin (V)	Sponge Tuesday Lemon cake (V)	Custard Wednesday Pineapple flapjack (V)	Summer Delight Thursday Banana split (VG)	Cupcake Friday Strawberries & cream (V)

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# Shirley High School

## Performing Arts College



### Menu Items

#### Sandwiches & Salads

##### Mixed fillings available daily

Rolls 1.30  
Long Rolls 2.00  
Sandwiches 1.90  
Salads 2.00  
Cup Salads 1.70  
Pasta Pots 1.70

#### Jacket Potatoes

Potato, Plain or Sweet 0.60  
Tuna Mayonnaise 0.70  
Cheese portion 0.60  
Beans 0.40  
Chilli Beef 1.00  
Coleslaw Free, Available from the salad bar  
Garlic Bread 0.30

#### Dessert options

Cakes 0.90  
Biscuit 0.70  
Fresh Fruit Salad 0.90  
Mousse pots 0.65  
Jelly Pots 0.65  
Fruit, Whole 0.65

### Menu Items

#### Cold Counter

Fresh Fruit Tub 0.65  
Fresh Fruit slice 0.65  
Fruit Bag 0.75  
Yoghurt 0.50  
Ice Cream tub 0.90  
Real Juice Lolly 0.90  
Frozen yoghurt 0.65  
Vegan Ice Cream 1.00

#### Drinks

Water 500ml 0.70  
Radnor splash 500ml 0.90  
Radnor splash 330ml 0.75  
Radnor Fizz 0.90  
Radnor Juice Carton 0.75  
Soda Can 1.10  
Viva Flavoured Milk 0.85  
Tea & Coffee. Free at breakfast only with your own cup served from 7.45—8.15  
Caffeine Free  
Biodegradable Cup 0.15

#### Confectionery

Pop Chips 1.25  
Popcorn 1.25  
Lentil Chips 1.25  
Crispy Slice 0.70  
Flapjacks 0.70

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Prices are subject to change where necessary

Not all items are available daily

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## Grab & Go Menu

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Omelette (V) 1.50  
Garlic mushrooms on toast (VG) 1.30  
Potato waffle with a fried egg (V) 1.00  
Finger topped toast (V) 0.50  
Pitta topped toast (V) 1.20  
Vegan Samosa (VG) 0.75  
Bread Roll (VG) 0.50  
Pancake (D) 0.45  
Cheese on Toast (V) 0.65  
Ham & Cheese Toasty 2.00  
Cheese & Onion Toasty 2.00  
Pork Sausage Roll 0.95  
Vegan sausage roll (VG) 0.90  
Panini 1.50  
Egg Rosti 1.80  
Bacon Melt 2.20  
Filled Panini 2.00

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## Morning Break

Open 10.40am—10.50am  
Closed on the last day of Autumn  
& Summer Term

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### Breakfast Baps

Potato & Egg Rosti (V) 1.80  
80% Pork Sausage 1.80  
Pork Chilli Sausage 1.90  
Chicken Sausage (H) 1.70  
Bacon Roll (D) 1.80  
Egg or Beans on Toast 1.00  
Breakfast wrap 2.00

### Mini Pots 1.75

Halloumi, Beans & Egg (V)  
Sausage, Beans & Egg  
Pitta, Beans & Mushrooms (VG)  
Mac 'n' Cheese. (V)  
Meatless Meatball pasta (V)  
Shakshouka with garlic yoghurt & poach egg (V)

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