



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.

Week beginning

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

Shirley High School Performing Arts College



V = Vegetarian
VG = Vegan
H = Halal Meat

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT FOOD COUNTER	Meat Free Monday	Chef's Special Tuesday	Traditional Wednesday	Curry Thursday	Fish Friday
MEAT OR FISH MEAL £2.65	Vegan faux duck Korean BBQ Noodles (VG) [wheat, soy, sesame, celery]	Pork sausage & creamy mash [soy, milk, wheat, sulphites]	Jamaican roast chicken with spiced veggies (H) [celery, mustard, sulphites, soy & wheat]	Chicken korma & basmati rice (H) [milk & sulphites]	Seasonal battered fish & wedges [fish, wheat & crustaceans]
HOT SUB ROLL OR WRAP £2.30	Grilled halloumi, hummus & spinach Wrap (V) [wheat, milk]	Southern fried crispy chicken Wrap (H) [wheat, egg & mustard]	Chicken fajita (H) [wheat, mustard, milk & soy]	Lamb kofta flat breads with mint yoghurt & crispy salad [wheat, milk, soy]	Sweet chilli chicken wrap (H) [wheat, soy & milk]
PASTA CHOICE £2.40	Vegan faux meat bolognese (VG) [wheat, soy and milk if adding cheese]	Cajun chicken pasta bake (H) [wheat, milk]	Beef bolognese (H) [wheat and milk if adding cheese]	Cheese burger pasta (H) [wheat, milk, fish, mustard & barley]	Summer veggie pasta bake (V) [wheat, milk, mustard]
BOXED SALAD £2.30	Mediterranean mozzarella pasta salad pot (VG) [wheat, milk]	Tuna sweetcorn pasta salad (V) [fish & egg, mustard]	Zesty avocado & bean salad (VG) [soy]	Roasted vegetable & couscous salad (V) [milk, egg, mustard & sulphites]	Prawn pasta salad pots (H) [wheat, egg, fish, crustaceans, mustard]
DESSERT 90p Vegan option available	Muffin Monday Chocolate muffin (V) [wheat, milk, egg & soy]	Sponge Tuesday SHS Pink Sponge & Sprinkles (V) [wheat, milk, egg & soy]	Custard Wednesday Summer berry crumble (V) [wheat, milk, egg & soy]	Summer Delight Thursday Cheese Cake IV [wheat, milk, egg & soy]	Cupcake Friday 99 Vanilla ice cream [wheat, milk, egg & soy]

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 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).

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- 20 April
- 11 May
- 08 June
- 29 June

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HOT FOOD COUNTER	Meat Free Monday	Chef's Special Tuesday	Traditional Wednesday	Curry Thursday	Fish Friday
MEAT OR FISH MEAL £2.65	Not meat chilli beef & rice (VG) [soy]	Spiced jollof rice with fried plantain (VG) [none of the 14 listed allergens]	Roast Summer Chicken with veggies (H) [milk, wheat, egg & mustard]	Lentil & squash curry (VG) [allergy free]	Roasted salmon fillet cooked with Summer veggies & new potatoes [fish]
HOT SUB ROLL OR WRAP £2.30	Sweet chilli not meatball wrap (VG) [wheat, milk]	Chicken donner with mixed salad & chilli sauce (H) [wheat, soy, mustard & celery]	BBQ chicken wraps (H) [wheat & mustard]	Premium hog roast dog with onion, mustard & ketchup [wheat, mus- tard, sulphites & soy]	Asian fish finger wrap [wheat, soy, sesame & mustard]
PASTA CHOICE £2.40	Mac 'n' cheese (V) [soy, wheat & milk if adding cheese]	Beef lasagne [wheat, mustard & milk]	Cheese burger pasta bake (H) [wheat, fish, barley, mustard & milk]	Mac 'n' cheese (V) [wheat, mustard & milk]	BBQ chicken pasta (H) [wheat & milk is cheese is added]
BOXED SALAD £2.30	Mediterranean mozzarella pasta salad pot (VG) [wheat, milk]	Honey mustard chicken pasta salad [wheat, egg, mustard, celery]	Super grain salad VG [soy, celery]	Bacon & cheese potato salad [milk, egg & mustard]	Tuna pasta salad [fish, wheat, egg]
DESSERT 90p Vegan option available	Muffin Monday Blueberry (V) [wheat, milk, egg & soy]	Sponge Tuesday SHS lime & courgette (V) [wheat, milk, egg & soy]	Custard Wednesday Chocolate & beetroot (V) [wheat, milk, egg & soy]	Summer Delight Thursday Pineapple oat bar (V) [wheat, milk, egg & soy]	Cupcake Friday Chocolate (V) [wheat, milk, egg & soy]

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Week beginning

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- 18 May
- 15 June
- 06 July

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT FOOD COUNTER	Meat Free Monday	Chef's Special Tuesday	Traditional Wednesday	Curry Thursday	Fish Friday
MEAT OR FISH MEAL £2.65	Vegan katsu curry & rice [none]	Barbeque pork ribs with corn & sweet potato oven fries [none] [wheat, mustard, sulphites & soy]	Traditional roast chicken fillet with roasted root vegetables & roast potatoes (H) [milk]	SHS chicken curry & rice [sulphites]	Battered fish fillet with minted pea smash bap [wheat, fish, milk]
HOT SUB ROLL OR WRAP £2.30	Vegan nugget with mayo & lettuce (VG) [wheat, soy, mustard]	Chicken donner with mixed salad & chilli sauce (H) [wheat, soy, mustard]	Caribbean beef wrap [milk, wheat, barley]	Chicken tikka warmed naan (H) [wheat, egg, mustard, milk & sulphites]	Chicken Shawarma (H) [wheat, milk]
PASTA CHOICE £2.40	Tomato & basil (VG) [wheat & milk if cheese is added]	Beef bolognese (H) [wheat & milk if cheese is added]	Mac 'n' cheese (V) [wheat, milk & mustard]	Ratatouille Pasta (VG) [wheat, milk if topping with cheese]	Cheese burger pasta bake (H) [wheat, fish, barley, mustard & milk]
BOXED SALAD £2.30	Greek style rice & feta (V) [milk, mustard, wheat]	Tuna pasta salad [fish, egg & mustard]	Mediterranean mozzarella pasta salad pot (VG) [wheat, milk]	Mediterranean giant couscous (VG) [wheat]	Tuna Nicosia salad (H) [fish, egg & mustard]
DESSERT 90p Vegan option available	Muffin Monday Chocolate chip Muffin (V) [wheat, milk, egg & soy]	Sponge Tuesday Carrot cake (V) [wheat, milk, egg & soy]	Custard Wednesday Sticky toffee cake (V) [wheat, milk, egg & soy]	Summer Delight Thursday Fruit trifle (V) [wheat, milk, egg & soy]	Cupcake Friday Ice Cream Cones (V & VG) [wheat, milk, egg & soy]

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Menu Items

Sandwiches & Salads

Mixed fillings available daily

Rolls £1.30

Long rolls £2.20

Sandwiches £2.20

Salads £2.50

Pasta pots £2.00

Jacket Potatoes

Potato, plain or sweet 65p

Tuna mayonnaise 80p

Cheese portion 65p

Beans 50p

Chilli beef £1.10

Coleslaw free, available from the salad bar

Garlic Bread 30p

Dessert options

Cakes 90p

Cookies 80p

Fresh fruit salad 90p

Mousse pots 65p

Jelly pots 65p

Fruit, whole 75p

Menu Items

Cold Counter

Fresh fruit tub 75p

Fresh fruit slice 75p

Fruit bag 75p

Yoghurt 80p

Ice Cream tub £1.50

Real juice lolly £1.35

Vegan Ice Cream £1.60

Drinks

Water 500ml 70p

Radnor Splash 500ml £1.00

Radnor Splash 330ml 85p

Radnor Fizz £1.00

Radnor Juice box 85p

Soda can £1.35

Viva flavoured milk 85p

Tea & Coffee. Free at breakfast only with your own cup served from 7.45 am - 8.15 am

Caffeine Free

Biodegradable Cup 15p

Confectionery

Pop chips £1.35

Popcorn £1.35

Lentil chips £1.25

Crispy Slice 80p

Flapjacks 80p

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Allergy advice can be found on pre-packed goods and all other menu items are listed on our allergy charts next to our main service counter

Prices are subject to change where necessary

Not all items are available daily

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Morning Break
10.20 am - 10.35 am

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Pitta topped toast (V) £1.35
Vegan samosa (VG) 90p
Pancake, soy (D) 60p
Cheese on toast (V) £1.00
Ham & cheese toasty £2.00
Cheese & onion toasty £2.00
Pork sausage roll 95p
Vegan sausage roll (VG) 90p
Patty £2.30
Panini £2.20
Egg rosti (V) £1.80
Corn Ribs (VG) £1.60
Cauliflower wings (VG) £1.25
Chilli Cheese bites (V) £1.50
Onion rings (VG) 85p

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Breakfast
Open 7.45 am - 8.20 am

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Breakfast Items

Potato & egg rosti (V) £1.80

Pork patty, egg in a brioche bun £2.00

80% pork sausage £1.80

Chicken sausage (H) £1.70

Bacon roll (D) £1.70

Egg or beans on toast £1.30

Breakfast wrap £2.00

Cheese on toast £1.00

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