



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

- 7 September
- 28 September
- 2 November
- 23 November
- 14 December

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	World Foods Friday
MAIN MEAL TRAY WITH DESSERT £2.95	Vegan faux chicken tacos with sweet potato or rice, corn & salad (VG) [soy]	Beef or egg fried rice [wheat, milk, sesame, soy, celery, egg, mustard]	Jamaican roast chicken with Spiced veggies (H) [celery, mustard, sulphites, soy & wheat]	Chicken korma & basmati rice (H) [milk & sulphites]	Crispy chicken fillet sub with slaw & crunchy salad (H) [wheat, egg, milk]
PASTA TRAY WITH DESSERT £2.70	Mac 'n' Cheese with tomato & cucumber salad & garlic bread (V) [wheat, milk, mustard]	Cajun chicken pasta with garlic bread, red cabbage & corn salad (H) [wheat, milk]	Beef & lentil bolognese with garlic bread, tomato & basil salad (H) [Wheat]	Cheese burger pasta with garlic bread, chopped mixed salad (H) [wheat, milk, fish, mustard & barley]	Penne rosa pasta with garlic bread, tomato, pepper, basil and spinach salad (H) [wheat, milk]
HOT WRAP OR SUB £2.40 HATCH SERVICE ONLY	Sweet chilli not meatballs wrap (VG) [wheat, soy and milk if adding cheese]	Jerk chicken wrap [wheat, milk]	Lamb kofta flat breads with mint yoghurt & crispy salad [wheat, milk, soy]	Fiery bean wrap (VG) [wheat, barley, cereals]	Meatless meatballs with salsa sub (VG) [wheat & cereals]
BOXED SALAD £2.40 HATCH SERVICE ONLY	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	Fruit muffin & fruit pot (V) [wheat, milk, egg & soy]	SHS pink sponge & sprinkles with fruit pot (V) [wheat, milk, egg & soy]	Autumn berry Crumble (V) [wheat, milk, egg & soy]	Autumn fruits cheese cake (V) [wheat, milk, egg & soy]	Cupcake Friday 99 Vanilla ice cream [wheat, milk, egg & soy]

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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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Week beginning

- 14 September
- 5 October
- 9 November
- 30 November

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HOT FOOD COUNTER	Meat Free Monday	Chef's Special Tuesday	Traditional Wednesday	Curry Thursday	World Foods Friday
MAIN MEAL TRAY WITH DESSERT £2.95	Not beef chipotle chilli bowl with rice, corn, beans & tomato (VG) [soy]	Pulled pork sandwiches with coleslaw & chopped salad [wheat] Halal pulled chicken available	Roast chicken with roast potatoes, carrots, cauliflower cheese & peas (H) [milk, wheat, mustard]	Persian lamb with lentils & rice served with lemon beans & spiced carrots [sulphites]	Seasonal battered fish, wedges, peas & broccoli [fish, wheat, crustaceans]
PASTA TRAY WITH DESSERT £2.70	Mac 'n' Cheese with tomato & cucumber salad & garlic bread (V) [wheat, milk, mustard]	Lemon chicken spaghetti with garlic bread & crunchy salad (H) [wheat, milk, mustard]	Beef lasagne with garlic bread, tomato, pepper, spinach & basil salad (H) [wheat, mustard & milk]	BBQ chicken pasta (H) [wheat & milk is cheese is added]	Chicken Alfredo milk, wheat, mustard]
HOT WRAP OR SUB £2.40 HATCH SERVICE ONLY	Not BBQ chicken sub with Slaw & salad (VG) [wheat, mustard]	Shredded chicken kebab wrap with mixed salad, chilli sauce, optional (H) [wheat, soy, mustard, milk, celery]	Chicken & chorizo flat bread with mixed salad & coriander [wheat, barley, milk, cereals]	Premium hog roast dog with onion, mustard & ketchup, side salad [wheat, mustard, sulphites & soy]	Asian slaw & fish finger wrap [wheat, soy, sesame, fish, mustard]
BOXED SALAD £2.40 HATCH SERVICE ONLY	Mediterranean mozzarella pasta salad pot (VG) [wheat, milk]	Honey mustard chicken pasta salad (H) [wheat, egg, mustard, celery]	Chicken Caesar pasta salad (H) [what, milk, egg]	Bacon & cheese potato salad [milk, egg & mustard]	Tuna Pasta Salad [fish, wheat, egg]
DESSERT 90p Vegan option available	Mixed fruit muffin with fruit tub (V) [wheat, milk, egg, sulphites, soy]	SHS lime & courgette with fruit tub (V) [wheat, milk, egg, sulphites, soy]	Chocolate & beetroot sponge with custard (V) [wheat, milk, egg, sulphites, soy]	Apple & cinnamon crumble & custard (V) [wheat, milk, eggs, sulphites, soy]	Chocolate orange cup cake with fresh fruit tub (V) [wheat, milk, egg, sulphites, soy]

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Week beginning

- 21 September
- 12 October
- 16 November
- 7 December

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HOT FOOD COUNTER	Meat Free Monday	Chef's Special Tuesday	Traditional Wednesday	Curry Thursday	World Foods Friday
MAIN MEAL TRAY WITH DESSERT £2.95	Faux chicken fajitas with beans, salsa & salad (VG) [wheat, soy, milk if adding cheese]	Pork sausage, creamy mash, carrots, peas & gravy [soy, milk, wheat, sulphites] Halal chicken sausage available	Tomato & basil roast chicken fillet with roasted vegetables & roast potatoes (H) [none]	SHS chicken curry & rice [H] [sulphites, milk]	Orange chicken with egg fried, veggie rice [wheat, fish, milk]
PASTA TRAY WITH DESSERT £2.70	Mac 'n' Cheese with tomato & cucumber salad & garlic bread (V) [wheat, milk, mustard]	Beef bolognese (H) [wheat & milk is cheese is added]	Mexican bean pasta [wheat, fish, barley, sulphites]	Cheese burger pasta bake (H) [wheat, fish, barley, mustard & milk]	Margherita pasta bake with garlic bread & side salad (V) [wheat, milk]
HOT WRAP OR SUB £2.40 HATCH SERVICE ONLY	Falafel & hummus with mixed salad (VG) [wheat, sesame]	Jerk Chicken wrap [wheat, milk]	Caribbean beef wrap [milk, wheat, barley]	Chicken Shawarma (H) [wheat, milk]	BBQ chicken wrap with mixed corn salad (H) [wheat, milk, sulphites]
BOXED SALAD £2.40 HATCH SERVICE ONLY	Mediterranean mozzarella pasta salad pot (VG) [wheat] milk]	Tuna pasta salad [fish, egg & mustard]	Cheddar & onion quiche with crunchy mixed salad (V) [wheat, egg, milk]	Mediterranean giant couscous (VG) [wheat]	Tuna Nicosia salad (H) [fish, egg & mustard]
DESSERT 90p Vegan option available	Chocolate & Cherry Muffin (V) [wheat, milk, egg, sulphites, soy]	Carrot cake (V) [wheat, milk, egg, sulphites, soy]	Sticky toffee cake & custard (V) [wheat, milk, egg, sulphites, soy]	Vanilla sponge & fresh fruit pot (V) [wheat, milk, egg, sulphites, soy]	Fresh fruit & ice cream (V & VG) [wheat, milk, egg, sulphites, soy]

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Menu Items

Sandwiches & Salads

Mixed fillings available daily

Rolls £1.30

Long rolls £2.40

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 65p

Garlic Bread 30p

Dessert options

Cakes 90p

Cookies 80p

Fresh fruit salad 90p

Mousse pots 65p

Jelly pots 65p

Fruit, whole 75p

Yoghurt 80p

Fruit, whole free

Menu Items

Cold Counter

Fresh fruit tub 75p

Fresh fruit slice 75p

Fruit bag 75p

Yoghurt 80p

Ice Cream tub 90p

Real juice lolly £1.35 - £1.50

Vegan Ice Cream £1.60

Drinks

Water 500ml 75p

Radnor Splash 500ml £1.00

Radnor Splash 330ml 85p

Radnor Spring £1.45

Radnor Juice box 85p

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 £1.50

Popcorn £1.50

Lentil chips £1.50

Crispy Slice 80p

Flapjacks 80p

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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
Egg & spinach pots £1.20
Apple & cream cheese pots £1.00

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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

Breakfast wrap £2.00

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