



THIS Week

Seasonal • Fresh • Local Produce

HIGHCLARE PREPARATORY SCHOOL WOODFIELD W.C. 14/10/19

MAIN DISHES

Monday

Smokey bacon & tomato sauce served with penne pasta & broccoli florets **(G) (SU) (CE)**

Tuesday

Mixed meat carvery served with sage & onion seasoning, crispy roast potatoes & seasonal vegetables **(G) (M) (CE) (F)**

Wednesday

Lamb keema curry or kofte served with Indian yellow rice, roasted peppers & corn **(G) (E)**

Thursday

Toad in the hole served with creamy mashed potatoes, caramelized onion gravy & buttered leeks, peas & beans **(G) (M) (CE) (SU)**

Friday

Panko chicken wrap served with French fries & salad toppers **(G) (M) (E)**

KEY:

(CE) celery **(G)** Cereals/Gluten **(Cr)** Crustaceans
(E) Eggs **(F)** FISH **(M)** Milk **(MU)** Mustard **(so)** Soya
(Su) Sulphites **(L)** Lupins

CHEFS SPECIALS

Monday- Mixed leaf & tomato salad served with honey, balsamic & mustard dressing **(MU)**

Tuesday- Beetroot hummus

Wednesday- Homemade naan bread **(G)**

Thursday- Lemon, herb & feta cous cous **(M) (G)**

Friday- Aioli dip **(E)**

VEGETARIAN

Monday

Med veg & lentil lasagna served with garlic & parsley focaccia bread & broccoli florets **(G) (M) (CE)**

Tuesday

Risotto wellington served with pan gravy, crispy roast potatoes & seasonal vegetables **(G) (M) (E) (CE)**

Wednesday

Cheesy chilli tortilla melts served with steamed basmati rice, Roasted peppers & corn **(G) (M)**

Thursday

Veggie hole without the toad served with creamy mashed potatoes, pan gravy & buttered leeks, peas & beans **(G) (M) (E) (CE)**

Friday

Mozzarella, tomato & basil croissant served with home-style chips & baked beans **(G) (M) (E) (CE)**

DESSERTS

Monday – Double choc chip muffin **(G) (M) (E)**

Tuesday- Tooty fruity Tuesday

Wednesday- Chantilly cream horn **(G) (M) (E)**

Thursday- Melting moments **(G) (M)**

Friday – Warm White chocolate & raspberry blondie served with chocolate sauce **(G) (M) (E)**