



Menu

HIGHCLARE SENIOR SCHOOL

WEEK STARTING
MONDAY 18 NOVEMBER 2019



Daily Staples

A selection of salads, home cooked meats from the salad bar, Artisan bread and freshly made cold desserts from the Dessert Table

MAIN DISHES

Monday

Chicken Fajitas (M, G)
Oven baked potato wedges
Steamed Broccoli

Tuesday

Pasta Bolognese, Garlic focaccia (G, M)
Garden peas Parmesan cheese (M)

Wednesday

Crispy Chicken, Sweet and Sour sauce or Hoi sin sauce (G, Su)
Steamed basmati rice
Green beans

Thursday

Honey Roast Gammon, Pan Gravy (G)
Crispy Roast Potatoes (M)
Seasonal greens

Friday

Buttermilk Chicken served in a soft bun (G, M)
Chunky chips, Spaghetti hoops (G)
Tomato Ketchup

ALLERGEN KEY:

(Ce) Celery (G) Cereals/Gluten (Cr) Crustaceans (E) Eggs (F)
Fish (M) Milk (Mu) Mustard (Se) Sesame (So) Soya (Su)
Sulphur Dioxide (L) Lupin

SALAD BAR SPECIALS

Monday Salad on a stick, Ranch dressing (M, E)

Tuesday Tomato and Rocket salad

Wednesday Halloumi, carrot and orange salad (M)

Thursday Crunchy Apple slaw (E)

Friday Tomato and Basil salad

VEGETARIAN

Monday

Sweet corn and Courgette Fritters (G, M, E)
Sweet chilli sauce

Tuesday

Meatless Meat balls with A Tomato sauce (G)
Penne pasta (G)

Wednesday

BBQ pulled Jack fruit (Su)
Sweet and sour sauce (Su)

Thursday

Mozzarella Arancini Rice balls (G, M, E)

Friday

Spinach and mushroom Savoury Flan (G, M, E)
Chunky chips

JACKET POTATOES

BAKED BEANS & GRATED CHEESE (M)

AVAILABLE DAILY

DESSERTS

Monday Shortbread Biscuit (M, G)

Tuesday Bread and Butter Pudding, custard (G, M, E)

Wednesday Chocolate Chip cookie (G, M)

Thursday Chefs Dessert selection (G, M, E)

Friday Rocky road (G, M, E, So)