



# THIS Week

Seasonal • Fresh • Local Produce

## HIGHCLARE PREPARATORY SCHOOL: ST PAULS W/C 20/01/2020

### MAIN DISHES

#### Monday

Sausage, Leek & Mushroom Pasta Carbonara (E, M, G)  
Steamed Broccoli Florets

#### Tuesday

Beef Chilli (M)  
Steamed White Basmati Rice  
Cut Green Beans  
Hand Made Garlic Bread (G)

#### Wednesday

Lemon Chicken Tray bake  
Herby Diced Potatoes  
Boiled Carrots

#### Thursday

Roast Gammon  
Crunchy Roast Potatoes  
Steamed Carrots & Sweetcorn

#### Friday

New York Style Hot Dogs (G, M, E)  
French Fries  
Baked Beans  
Lightly Spiced Coleslaw

### VEGETARIAN

#### Monday

Vegetarian Sausage Jambalaya (E)  
Steamed Broccoli Florets

#### Tuesday

Paneer Tikka with Pea and Mint Relish (M)  
Steamed White Basmati Rice  
Cut Green Beans

#### Wednesday

Chilli "NON" Carne (E)  
Steamed White Basmati Rice  
Garden Peas

#### Thursday

Fusilli Pasta with Basil Infused Tomato Ragù (G)  
Steamed Carrots & Sweetcorn

#### Friday

New York Style Vegetarian Hot Dogs (G, M, E)  
French Fries  
Baked Beans  
Lightly Spiced Coleslaw

### CHEFS SPECIALS

#### Monday

Tangy Lemon Coleslaw (M, E, Mu)

#### Tuesday

Tomato, Basil & Feta Cheese Salad (M)

#### Wednesday

Spring Onion Potato Salad (M, E, Mu)

#### Thursday

Jewelled Pepper Cous Cous (G)

#### Friday

Carrot & Beetroot Salad

### DESSERTS

#### Monday

Chocolate Cake & Custard (G, M, E)

#### Tuesday

Strawberry Jelly Pots

#### Wednesday

Rainbow Sprinkle Iced Sponge (G, M, E)

#### Thursday

Fruity Thursday

#### Friday

Winter Berry Eton Mess Pots (E, M)