



Menu

HIGHCLARE SENIOR SCHOOL

WEEK COMMENCING
MONDAY 20 JANUARY



Daily Staples

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

MAIN DISHES

Monday

Sticky BBQ Chicken, BBQ Sauce (Mu, Su)
Steamed savory Rice
Sweet corn

Tuesday

Pork sausage Toad in the hole, Pan Gravy (G, M, E)
Crushed new potatoes
Steamed broccoli

Wednesday

Classic beef Lasagne (G, M)
Glazed carrots
Handmade bread (G)

Thursday

Honey Roast Ham, pan gravy (G)
Crispy Roast Potatoes
Steamed greens

Friday

Southern fried Chicken (G, M)
Handmade chips, Garlic Aoli (E)
Garden peas

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 Roasted carrot, spelt and orange salad (Su)

Tuesday Kale and orange salad (Mu)

Wednesday Mixed Winter salad

Thursday Chefs green salad

Friday Three bean salad (Su)

VEGETARIAN

Monday

Puy Lentil and mushroom burger, BBQ Sauce (Mu, Su)
Steamed savoury rice

Tuesday

Veggie style Sausage toad in the hole (G, M, E)
Baked beans

Wednesday

Vegetarian Chilli with pasta (G, So)

Thursday

Seitan and sweet potato Wellington, (G, M, So)
Vegetarian Gravy (G)

Friday

Chickpea and Lentil Curry
Steamed rice

JACKET POTATOES

BAKED BEANS & GRATED CHEESE (M)

AVAILABLE DAILY

DESSERTS

Monday Lemon Drizzle cake (G, M, E)

Tuesday Chocolate Cake, chocolate custard (G, M, E)

Wednesday Strawberry Ice cream, Fruit coulis (M))

Thursday Toffee and banana Muffin (G, M, E))

Friday Chefs dessert selection (G, M, E)