



THIS Week

Seasonal • Fresh • Local Produce

HIGHCLARE PREPARATORY SCHOOL WOODFIELD W.C. 10/02/20

MAIN DISHES

Monday

Traditional beef bolognese served with spaghetti & broccoli florets **(G) (CE) (F)**

Tuesday

Mexican chicken fajita wrap served with red rice, roasted peppers & corn **(G) (M)**

Wednesday

Pork sausage served with caramelized onions, cheesy mash & garden peas **(G) (SO) (M)**

Thursday

Thai chicken meat balls served with egg noodles, green curry sauce & steamed beans **(G) (M) (E) (F)**

Friday

Battered white fish served with homemade chips, chip shop curry sauce & a duo of peas **(F) (M) (G) (MU)**

KEY:

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

CHEFS SPECIALS

Monday- Homemade garlic & parsley focaccia bread **(G) (M)**

Tuesday- Mexican salad with lime dressing

Wednesday- Spring onion, mustard & potato salad **(E) (MU)**

Thursday- Rainbow Thai rice noodle salad **(SO)**

Friday- Homemade tartare sauce **(E)**

VEGETARIAN

Monday

Home-style potato gnocchi served with Milanese sauce & broccoli florets **(G) (CE) (M)**

Tuesday

Bombay dosa served with steamed basmati rice, roasted peppers & corn **(G) (MU) (M)**

Wednesday

Veggie sausage served with creamy mashed potatoes, baked beans or garden peas **(G) (M) (E)**

Thursday

Thai sweet corn cakes served with noodles, honey glazed green beans & Thai chilli dipping sauce **(G) (M)**

Friday

Mature cheddar, tomato & basil omelette served with homemade chips & garden peas **(M) (E)**

DESSERTS

Monday – children's choice trifle pots **(G) (M) (E)**

Tuesday- Tooty fruity Tuesday

Wednesday- Victoria sponge cake **(G) (M) (E)**

Thursday- Rocky road **(G) (M)**

Friday- cupid's cupcakes **(G) (M) (E)**