



Menu

HIGHCLARE SENIOR SCHOOL

WEEK STARTING MONDAY
10 FEBRUARY 2020



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

Chicken Madras with Steamed basmati rice (G)
Poppadum (G)

Tuesday

All-day Breakfast-
Pork sausage and scrambled eggs (G,E, M)
Hash brown and Baked beans

Wednesday

Pasta Bolognaise (G)
Garlic focaccia bread (G, M)
Steamed broccoli

Thursday

Chicken Fajitas(G)
Oven baked potato wedges
Sweetcorn

Friday

Handmade Pepperoni pizza (G, M)
Chunky chips
Spaghetti Hoops (G)

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 Warm Moroccan cauliflower salad (M)

Tuesday Roasted root and chickpea salad (So, Su)

Wednesday Grated Courgetti and carrot salad

Thursday Pesto Pasta salad (G, M, E)

Friday Rocket and Feta salad (M)

VEGETARIAN

Monday

Spicy Vegetarian Samosa (G)
Mango chutney

Tuesday

Vegetarian All-day Breakfast
Veggie style sausage (G, Ce)
Scrambled eggs and baked beans (E, M)

Wednesday

Vegetarian Lasagne (G, M)
Garlic focaccia bread (G, M)
Steamed broccoli

Thursday

Spinach and mushroom Frittata (E, M)

Friday

Handmade Margarita Pizza (G, M)
Chunky chips Spaghetti hoops (G)
Ketchup

JACKET POTATOES

BAKED BEANS & GRATED CHEESE (M)

AVAILABLE DAILY

DESSERTS

Monday Lemon Drizzle cake (G, E, M)

Tuesday Baked Jam Sponge, vanilla custard (G, E, M)

Wednesday Flapjack (G, M,)

Thursday Red Velvet Cookie (G, M)

Friday Valentine's Day Cupcake (G, E, M)