



THIS Week

Seasonal • Fresh • Local Produce

HIGHCLARE PREPARATORY SCHOOL WOODFIELD W.C. 16/03/20

MAIN DISHES

Monday

Mexican fajita chicken wrap served with red rice & buttered corn **(G) (M)**

Tuesday St. Patrick's day

Irish sausage served with pan gravy, champ potatoes, buttered carrots & Braised cabbage with bacon **(SU) (M) (CE) (F)**

Wednesday

Italian beef & tomato one pot served with spaghetti & broccoli florets **(CE) (F) (G)**

Thursday

Pork & chorizo sliders served with brunch potatoes & salad toppers **(G) (M) (E)**

Friday

Panko chicken strips served with salt & pepper chips, katsu curry sauce & corn **(G) (M) (MU)**

KEY:

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

CHEFS SPECIALS

Monday- Mexican five bean & chilli bowl

Tuesday- Irish flag slaw **(E)**

Wednesday- Nut free pesto & tomato bread **(G) (M)**

Thursday- Spanish tomato relish

Friday- Children's choice Sushi bar **(F) (CR) (SO)**

VEGETARIAN

Monday

Bombay dosa served with steamed basmati rice, buttered corn & mint & cucumber raita **(M) (G) (MU)**

Tuesday St. Patrick's day

Irish cheddar & scallion puff pastry pots served with creamy mashed potatoes, buttered carrots & garden peas **(G) (M) (E)**

Wednesday

Homemade potato gnocchi served with Arabiata sauce & broccoli florets **(G) (M) (CE)**

Thursday

Sweet basil, mozzarella & tomato tortilla stack, served with brunch potatoes & baked beans **(G) (M) (CE)**

Friday

Oriental tempura tofu served with soy & ginger dipping sauce, chips & sweet corn **(SO) (G)**

DESSERTS

Monday- Mixed fruit jelly pots

Tuesday- Top of the morning tray bake **(G) (M) (E)**

Wednesday- Apple & winter berry crumble served with vanilla custard **(G) (M)**

Thursday- Try more fruit Thursday

Friday – pick & mix ice-cream cone **(G) (M)**