



THIS Week

Seasonal • Fresh • Local Produce

HIGHCLARE PREPARATORY SCHOOL: ST PAULS MENU W/C 21.09.2020

MAIN DISHES

Monday

Chicken ala king, steamed rice and broccoli **(G)(M)(SU)**

Tuesday

Beef lasagna with homemade garlic bread and garden peas
(G) (M)

Wednesday

Spicy chicken thigh, potato wedges and sweetcorn

Thursday

Sausages, mashed potatoes, peas and gravy
(CE)(G)(M)(SU)

Friday

Fish fingers, crispy chips, mushy peas, lemon wedge
(G)(F)

KEY:

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

VEGETARIAN

Monday

Chick pea and lentil dhal, steamed rice and broccoli

Tuesday

Tri-colour pasta, tomato sauce, oven roasted halloumi, homemade garlic bread **(G)(M)**

Wednesday

Tomato and cheese pastry bake, wedges and sweetcorn
(G)(M)

Thursday

Vegetable pie, mashed potatoes and gravy
(CE)(G)(M)

Friday

Fishless fingers, crispy chips and mushy peas, lemon wedge
(G)(So)

CHEFS SPECIALS

Monday

Spicy potato salad **(M)**

Tuesday

Homemade garlic bread **(G)**

Wednesday

Homemade focaccia bread **(G)**

Thursday

Cous Cous salad **(G)**

Friday

Homemade bread **(G)**

DESSERTS

Monday

Strawberry jelly

Tuesday

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

Wednesday

Fresh fruit platter

Thursday

Toffee cheesecake **(G)(M)**

Friday

Double chocolate cookie **(G)(M)(E)**