



# THIS Week

Seasonal • Fresh • Local Produce

## HIGHCLARE PREPARATORY SCHOOL: ST PAULS W.C 19/04/2021

### MAIN DISHES

#### Monday

Cajun spiced chicken, penne pasta, tomato and garlic sauce, garden peas and homemade garlic bread (G) (Su) (Ce)

#### Tuesday

Honey and mustard roasted gammon loin, parsley sauce buttered new potatoes, spring cabbage and carrots (Mu) (M) (G)

#### Wednesday

Katsu chicken curry- crispy chicken with a coconut curry sauce, steamed rice, broccoli with toasted sesame seeds and a cucumber and carrot ribbon salad (G) (M) (E)

#### Thursday

Homemade pepperoni pizza, paprika wedges and baked beans (G) (M) (Su) (Ce)

#### Friday

St George's day- Posh fish finger sandwich- panko breaded pollock on homemade bread, tartare sauce, triple cooked skin on chips, mushy peas and chip shop curry sauce (F) (G) (E) (M)

#### KEY:

(CE) celery (G) Cereals/Gluten (Cr) Crustaceans (E) Eggs (F)

### VEGETARIAN

#### Monday

Mediterranean vegetable and tomato pasta bake, garden peas and homemade garlic bread (G) (Su) (M) (Ce)

#### Tuesday

Halloumi, pepper and courgette stack, buttered new potatoes, spring cabbage and carrots (M)

#### Wednesday

Pulled oat chilli con carne, steamed rice, broccoli and cucumber and carrot ribbon salad (G)

#### Thursday

Homemade cheese and tomato pizza, paprika wedges and baked beans (G) (M) (Su) (Ce)

#### Friday

St George's day- Posh fishless finger sandwich- panko breaded seitan on homemade bread, tartare sauce, triple cooked skin on chips, mushy peas and chip shop curry sauce

### CHEFS SPECIALS

#### Monday

Homemade garlic bread (G)

#### Tuesday

Roasted beetroot with basil

#### Wednesday

Cucumber and carrot ribbon salad

#### Thursday

Jewelled giant couscous (G)

#### Friday

Homemade bread (G)

### DESSERTS

#### Monday

Healthy apple flapjack (G)

#### Tuesday

Lemon drizzle sponge cake (G) (E) (M)

#### Wednesday

Fresh fruit salad

#### Thursday

Chocolate chip shortbread biscuit (G) (M)

#### Friday

Eaton mess scones (G) (M) (E) (Su)