



Daily Staples

A selection of salads, home cooked meats from the salad bar, Artisan bread and freshly made desserts from the Dessert Table

HIGHCLARE SENIOR SCHOOL MENU W.C 19/04/2021

MAIN DISHES

Monday

Pasta Carbonara (G, M) Handmade Bread (G)Buttered corn (M) Parmesan cheese available (E, M)

<u>Tuesday</u>

All-day Breakfast Oven baked pork sausage (G) Hash brown, Scrambled eggs (E, M) Baked beans, Tomatoes

Wednesday

Chicken Jalfrezi served with jeweled basmati rice (G, Mu) Handmade roti bread (G) Carrot and coriander salad

Thursday

Traditional Roast Chicken, Sage and onion stuffing (G) pan gravy (G)
Crispy Roast potatoes, Seasonal greens

Friday ST. GEORGE'S DAY A Taste of England

Traditional Fish and chips (F, G)
Pulled slow roast Beef served in a Brioche bun (G)
Toad in the Hole (G, E, M)
Chunky chips and garden peas, ketchup

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 SELECTION TO INCLUDE Lettuce, Tomato, Cucumber, Grated Carrots, Coleslaw (E) Summer allotment salad (Mu) Tuna (F) (E), Egg (E), Wilture ham Grated cheese (M) Halal chicken available

VEGETARIAN

<u>Monday</u>

Vegetarian Bolognaise with Penne Pasta (G) Handmade bread (G) Parmesan cheese available (E,M)

<u>Tuesday</u>

Veggie style All-day Breakfast Vegetarian sausage Hash brown Scrambled eggs and baked beans (E, M) Tomatoes

Wednesday

Sweet potato and chickpea chana chat (G) Coriander and cucumber Raita (M) Handmade roti (G)

<u>Thursday</u>

Halloumi Fajita wrap (G, M) Tomato salsa

Friday ST. GEORGE'S DAY A Taste of England

Vegetarian style Toad in the hole (G, E, M) Sweet potato and mushroom Puff pastry Wellington (G, M) Puy lentil and chargrilled Vegetable burger served in a brioche bun (G, Mu) Chunky chips and garden peas, ketchup

DESSERTS

Monday Double choc chip cookie (G, M, So)

Tuesday Syrup sponge served with Vanilla custard (G,E,M)

Wednesday Vanilla Ice-Cream served with fruit coulis (M)

Thursday Frosted Chocolate Cake (G, E, M)

Friday Victoria sponge (G, E, M), Fresh cream Scone with Jam and Cream (G, M)