



THIS Week

Seasonal • Fresh • Local Produce

HIGHCLARE PREPARATORY SCHOOL: ST PAULS W.C 11/10/21

MAIN DISHES

Monday

Cajun chicken, tomato sauce, penne pasta, garden peas and homemade garlic bread **(G) (CE) (Su) (Mu)**

Tuesday

Beef chilli con carne, steamed rice and sweetcorn **(CE) (Su) (Mu)**

Wednesday

Homemade pepperoni pizza, crispy potato wedges and baked beans **(G) (CE) (Su) (M)**

Thursday

All day breakfast- pork sausages, hash browns, baked beans, mushrooms, scrambled egg and homemade bread **(G) (Su) (E)**

Friday

Breaded pollock, chunky chips, mushy peas, lemon wedge **(G) (E) (M) (F)**

KEY:

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

VEGETARIAN

Monday

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

Tuesday

Pulled oat chilli con carne, steamed rice and sweetcorn **(G) (CE) (Su) (Mu)**

Wednesday

Cheese and tomato pizza, homemade potato wedges, baked beans **(G) (CE) (Su) (M)**

Thursday

All day breakfast- vegetarian sausages, hash browns, baked beans, mushrooms, scrambled egg and homemade bread **(G) (CE) (Su) (E)**

Friday

Breaded seitan, chunky chips, mushy peas, lemon wedge **(G) (E) (M) (CE)**

*Menu may be subject to change due to ongoing national shortages

CHEFS SPECIALS

Monday

Homemade garlic bread **(G)**

Tuesday

Autumn apple slaw **(E) (M)**

Wednesday

Pasta salad **(G) (CE) (Su)**

Thursday

Homemade bread **(G)**

Friday

Noodles salad **(G) (So)**

DESSERTS

Monday

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

Tuesday

Bread and butter pudding with custard **(G) (E) (M)**

Wednesday

Fresh fruit

Thursday

Rice Krispy cake **(G) (M) (So)**

Friday

Chocolate sponge cake **(G) (E) (M) (So)**