



# THIS Week

Seasonal • Fresh • Local Produce

## HIGHCLARE PREPARATORY SCHOOL WOODFIELD W.C. 11/10/21

### MAIN DISHES

#### Monday

Pick & mix pasta day including chicken & bacon carbonara & beef ragu served with broccoli florets **(G) (M) (SU) (F) (CE)**

#### Think of the Earth Tuesday

Homemade meat free pizza flat bread served with sautéed potatoes & baked beans **(G) (M) (CE)**

#### Wednesday

Homemade chicken & vegetable pie served with mustard mash, pan gravy & a duo of peas **(G) (M) (E) (MU) (CE) (F)**

#### Thursday

Mexican pork & chorizo hot pot served with rice, & corn **(G) (M) (SU) (CE) (F)**

#### Friday

Chip shop Friday battered Pollock served with homemade chips, chip shop curry sauce & peas **(G) (MU) (F)**

#### KEY:

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

### CHEFS SPECIAL

**Monday-** Homemade garlic & parsley focaccia bread **(G)**

**Tuesday-** Italian chopped salad box **(M)**

**Wednesday-** Spring onion & potato salad **(E) (MU)**

**Thursday-** Tortilla chips & hummus **(G)**

**Friday-** Homemade tartare sauce **(E) (MU) (SU)**

### VEGETARIAN

#### Monday

Pick & mix veggie pasta day including risotto balls, tomato sauce & nut free pesto served with broccoli florets **(G) (M) (E) (CE)**

#### Tuesday

Homemade pizza flat bread served with sautéed potatoes & salad toppers **(G) (M)**

#### Wednesday

Mature cheddar & spring onion turnover served with creamy mashed potatoes & garden peas **(G) (M) (E) (CE)**

#### Thursday

Toasted Paneer & spinach curry served with steamed basmati rice & corn **(M) (MU)**

#### Friday

*Sweet basil & tomato scone served with homemade chips & peas* **(G) (M)**

### DESSERTS

**Monday-** Strawberry jelly pots

**Tuesday-** Tooty fruity Tuesday

**Wednesday-** Chocolate fudge crinkle biscuit **(G) (E)**

**Thursday-** Strawberry & butter cream sponge cake **(G) (M) (E)**

**Friday** – Chocolate rice pudding served with black cherry compote **(M) (SU)**

**PLEASE NOTE THAT MENU MAY BE SUBJECT TO CHANGE DUE TO SUPPLY SHORTAGES**