



THIS Week

Seasonal • Fresh • Local Produce

HIGHCLARE PREPARATORY SCHOOL WOODFIELD W.C. 09/05/22

MAIN DISHES

Monday

Chinese tempura chicken balls served with egg fried rice, Chinese curry sauce & corn **(G) (E) (MU)**

Tuesday

Pork, apple & cheese roll served with rissole potatoes & peas **(G) (M) (E) (MU)**

Wednesday

Slow roasted beef & tomato one pot served with linguine & broccoli florets **(G) (CE) (F)**

Thursday

Chicken Souvlaki pitta wrap served with lemon & garlic roast potatoes, Greek red sauce & crushed minted peas **(G) (M)**

Friday

Hot dog served with caramelized onions French fries & baked beans **(G) (SU)**

KEY:

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

CHEFS SPECIALS

Monday- Beetroot hummus

Tuesday- Celeriac & apple remoulade **(CE) (MU) (E)**

Wednesday- Tri colored couscous bowl **(G)**

Thursday- Greek salad **(M)**

Friday- Mature cheddar & chive slaw **(E) (M)**

VEGETARIAN

Monday

Tandoori Paneer Makhani served with basmati rice & corn **(M) (MU)**

Tuesday

Mediterranean vegetable & nut free pesto tartlet served with rissole potatoes & peas **(G) (M) (E)**

Wednesday

Baked tomato, mozzarella & basil risotto served with broccoli florets & homemade crusty bread **(M) (G)**

Thursday

Vegetarian Greek kabobs served with lemon & garlic roast potatoes, homemade Tzatziki & peas **(M) (MU)**

Friday

Veggie dog served with fries & sides **(G) (M) (E)**

DESSERTS

Monday – Ice cream served with sprinkles **(M)**

Tuesday- Tooty fruity Tuesday

Wednesday- Crunch lemon drizzle cake **(G) (M) (E)**

Thursday- Butterscotch cookie **(G) (M)**

Friday – Self saucing Jaffa pudding **(G) (M) (E)**