

High School Lunch Menu

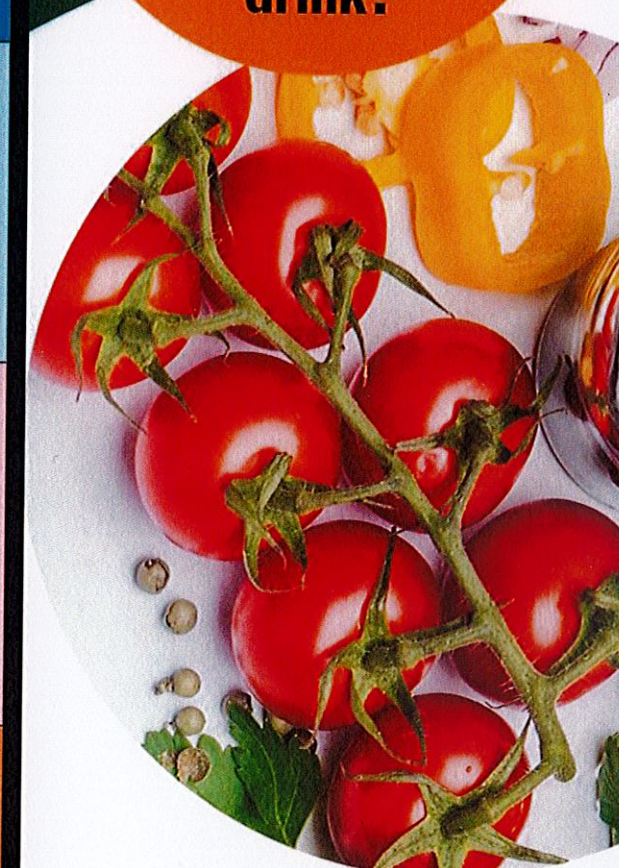
FEBRUARY - JULY



Why don't you swap the main dessert for fresh fruit or yoghurt and a chilled drink?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Grilled Chicken Spicy Rice (v)	Posh Hot Dog Seasoned Wedges (v)	Minced Beef & Onion Loaded Yorkshire Pudding Mashed Potato (v)	Katsu Chicken Curry Steamed Rice (v)	Crispy Fish Fingers Chips (vg) Mushy Peas (v)
Main Course	Pasta Arrabiata (v) Garlic Bread Slice (v)	Mexican Vegetable Burrito (v) Seasoned Wedges (v)	Minced Quorn & Onion Loaded Yorkshire Pudding (v) Mashed Potato (v)	Katsu Quorn Curry (v) Egg Noodles (v) P	Veggie Burger in a Bun (v) Chips (v)
Chef's choice of Seasonal Vegetables (v)(vg) and Salad Bar (vg) / Oven Baked Jacket Potatoes – Cheese (v), Tuna Mayo, Beans (v)(vg) Bolognaise, Curry Chicken, Coronation Chicken / Fresh sandwiches with (v) and (vg) options.					
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Fruit Apple Flapjack (v)	Steamed Chocolate Pudding with Chocolate Sauce (v)	Fruit Crumble with Custard (v)	Sticky Banana Bread (v)	Lemon Drizzle Cake (v)



Menus are subject to availability (v)suitable for vegetarians (vg)vegan diets

Newcastle City Council

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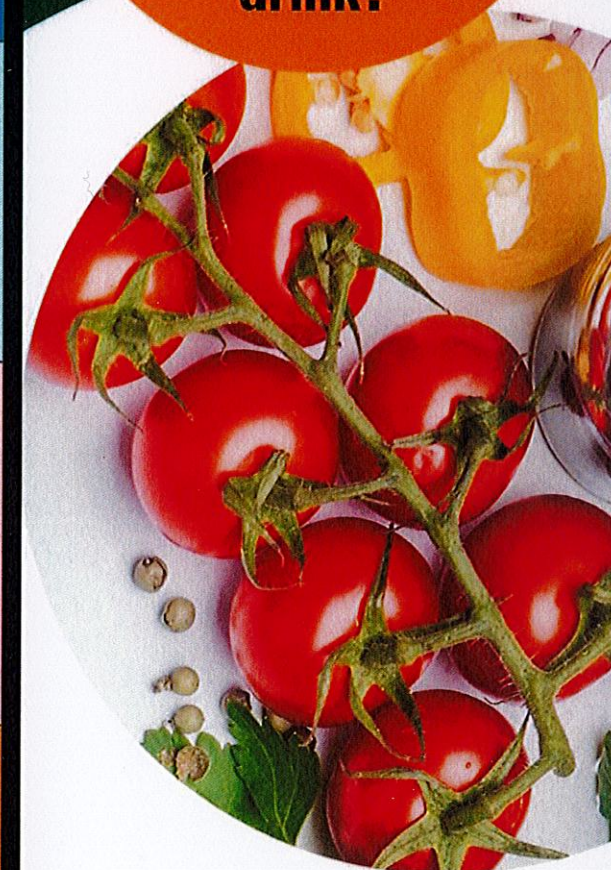
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**WEEK
2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Chicken Jalfrezi Steamed Rice (v) Naan Bread (v)	Minced Beef Hot Pot Mashed Potato (v)	Chicken & Tomato Pasta Garlic Bread Slice (v)	Traditional Sliced Gammon with Peas Pudding Stottie	Salmon Fishcake Chips (vg) Mushy Peas (v)
Main Course	Cheese & Onion Quiche (v) Seasoned Wedges (v)	Vegetable & Lentil Casserole (v) Mashed Potato (v)	Roasted Vegetable Pasta (v) Garlic Bread Slice (v)	Cheese & Bean Melt (v) Skin on Wedges (v) P	Cheese & Tomato Pasta Bake (v) Focaccia Bread (v)
Chef's choice of Seasonal Vegetables (v)(vg) and Salad Bar (vg) / Oven Baked Jacket Potatoes – Cheese (v), Tuna Mayo, Beans (v)(vg) Bolognese, Curry Chicken, Coronation Chicken / Fresh sandwiches with (v) and (vg) options.					
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Chocolate Muffin (v)	Syrup Sponge with Custard (v)	Flapjack (v)	Apple Crumble with Custard (v)	Fruit Medley (v)



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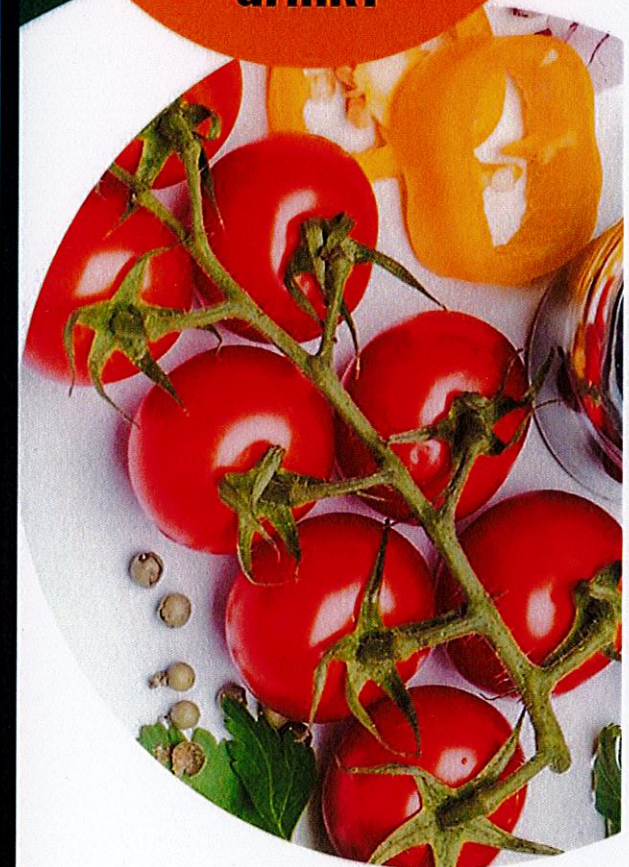
FEBRUARY – JULY



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**WEEK
3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Pork Meatballs in Spicy Tomato Sauce with Pasta Twists	Chicken Tikka Masala Basmati Rice (v) Mini Naan Bread (v)	Beef Lasagne Garlic Bread Slice (v)	Homemade Sausage Roll Spiced Oven Wedges (v)	Fish Finger Bap Chips (vg) Mushy Peas (v)
Main Course	Cheese & Potato Pasty (v) Skin on Wedges (v)	Cheese & Broccoli Flan (v) Mashed Potato (v) P	Vegetable Balti Pie (v) Saag Aloo (v)	Mac & Cheese (v) Crispy Croutons (v)	Vegetable Pasta (v) Garlic Bread Slice (v)
Chef's choice of Seasonal Vegetables (v)(vg) and Salad Bar (vg) / Oven Baked Jacket Potatoes – Cheese (v), Tuna Mayo, Beans (v)(vg) Bolognese, Curry Chicken, Coronation Chicken / Fresh sandwiches with (v) and (vg) options.					
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Oat Cookie (v)	Lemon Drizzle Cake with Custard (v)	Shortbread Biscuit (v)	Sticky Toffee Pudding with Caramel Sauce (v)	Chocolate Cookie (v)



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