

# Secondary School Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Mid Morning Break	Porridge pot with fruit	Omelette	Chicken slice roll	Yoghurt and fruit	Breakfast muffin
Main Option	Beef mince chilli bowl	Chicken meatball goulash	Pasta Neapolitan	Chicken curry	Fish fillet
Main Option (PB)	Three bean chilli bowl	Meat free meatball goulash	Cheese Omelette tray bake	Quorn one pot vegetable rice bowl	Bubble fish or VE fishless fingers
Served with	Sour cream, salsa, rice or nachos	Pasta, steamed cabbage and peas	Garlic bread, pepper and cucumber sticks	Rice and green beans	Peas, chips and salad
Deli Option	Baked potato with choice of filling and salad	Baked potato with choice of filling and salad	Baked potato with choice of filling and salad	Baked potato with choice of filling and salad	Baked potato with choice of filling and salad
Grab and Go Option	Selection of freshly made sandwiches, salad bowls, paninis, baguettes, pizzinis, chicken strips, pasta pots and soup of the day	Selection of freshly made sandwiches, salad bowls, paninis, baguettes, pizzinis, chicken strips, pasta pots and soup of the day	Selection of freshly made sandwiches, salad bowls, paninis, baguettes, pizzinis, chicken strips, pasta pots and soup of the day	Selection of freshly made sandwiches, salad bowls, paninis, baguettes, pizzinis, chicken strips, pasta pots and soup of the day	Selection of freshly made sandwiches, salad bowls, paninis, baguettes, pizzinis, chicken strips, pasta pots and soup of the day
Sweet Treats	Cook's selection of home baking and pastries				



£2.54

VE – Vegetarian PB – Plant Based GF – Gluten Free

