## Facilities Management Services



# *High School 2023 - 2024 Menu Week 1*

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| WEEK 1 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **SOUP V** | **Cook’s Choice Selection Bread & Rolls:**  **Carrot & Coriander, Lentil, Vegetable, Leek & Potato, Tomato & Basil, Scotch Broth, Split Pea or Minestrone** | | | |
| MAIN COURSE | **Breaded Fish & Chips** | **Pork Meatballs in Gravy with Mashed Potatoes** | **Beef Bolognaise with Pasta** | **Chicken with Sweet Chilli Sauce & Rice** |
| **VEGETARIAN**  **CHOICE V** | **Biryani with Chapatti Ve** | **Vegetable Curry V** | **Vegetarian Tacos** | **Cheese & Tomato Pizza V** |
| **SPECIALS \***  **See Specials Board** | **STREET FOOD/PASTA KING/CHICKEN/VEGGIE BURGERS/ROLL OVER HOT DOGS (NO RED MEAT)** | | | |
| VegetablesSalad | **Seasonal Vegetables/ Mixed Salad**  **Free with every Main Course/Vegetarian Option** | | | |
| **BAKED POTATO ⧫**  **CHOICE:** | **Baked Potato with a Choice of Fillings: Tuna/ Cheese/ Baked Beans/Hot Fills** | | | |
| VARIOUS | **Filled Baguettes, Rolls, Sandwiches, Flat Breads, Wraps**  **(Red Processed meat only on Tues/Wed/Thurs), Assorted Salads**  **Home Baking, Savoury Snacks, Fresh Fruit, Fresh Fruit Salad, Yogurt**  **Selection of Cold Drinks** | | | |
| Dessert Choices | **Only those that meet the 10g sugar per portion** | | | |
| MEAL DEALS | **\*\*\*Money-Saving Meal Deals \*\*\***  **Option 1: Dish of the Day, soup, fruit and a drink**  **Option 2: Takeaway Special, soup, small salad pot, fruit and a drink**  **Option 3: Baguette/Baked Potato, soup, small salad pot, fruit and a drink** | | | |

**June 2023-May 2024 We use free range eggs & locally grown vegetables in our menus V V*egetarian* ⧫ Local produce when available**



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| **Week 1- Week commencing**  caeasar salad | | | |
| **05/6/2023** | **23/10/2023** | **29/01/2024** | **13/05/2024** |
| **26/6/2023** | **13/11/2023** | **26/02/2024** |  |
| **28/8/2023** | **04/12/2023** | **18/03/2024** |  |
| **18/9/2023** | **08/01/2024** | **22/04/2024** |  |

## Facilities Management Services



# *High School 2023 – 2024 Menu Week 2*

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| WEEK 2 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| SOUP V | **Cook’s Choice Selection Bread & Rolls:**  **Carrot & Coriander, Lentil, Vegetable, Leek & Potato, Tomato & Basil, Scotch Broth, Split Pea or Minestrone** | | | |
| **MAIN COURSE** | **Chicken Curry** & Rice | **Salmon Fillet, Potatoes & Veg** | Beef Teriyaki with Noodles or Rice | **Chicken & Vegetable Lasagne** |
| **VEGETARIAN CHOICE V** | **Cream Cheese &Cherry Tomatoes with Pasta V** | **Macaroni Cheese V** | **Tomato & Basil Pasta V** | **Quorn Dippers with Potato Wedges & Beans Ve** |
| **SPECIALS\***  **See Specials Board** | **STREET FOOD, PASTA KING, SUB SPECIALS, CHICKEN/VEGGIE BURGERS (No red meat)** | | | |
| Vegetables ⧫Salad | **Seasonal Vegetables/ Mixed Salad**  **Free with every Main Course/Vegetarian Option** | | | |
| **BAKED POTATO ⧫** | **Baked Potato with a Choice of Fillings: Tuna/ Cheese/ Baked Beans/Hot Fills (no red meat)** | | | |
| VARIOUS | **Filled Baguettes, Rolls, Sandwiches, Flat Breads, Wraps**  **(Red Processed meat only on Tues/Wed/Thurs) Assorted Salads**  **Home Baking, Savoury Snacks, Fresh Fruit, Fresh Fruit Salad, Yogurt**  **Selection of Cold Drinks** | | | |
| Dessert Choices | **Only those that meet 10g sugar per portion** | | | |
| MEAL DEALS | **\*\*\*Money-Saving Meal Deals \*\*\***  **Option 1: Dish of the Day, soup, fruit and a drink**  **Option 2: Takeaway Special, soup, small salad pot or fruit and a drink**  **Option 3: Baguette/Baked Potato, soup, small salad pot, fruit and a drink** | | | |

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| **Week 2 Week commencing** | | | |
| **12/6/2023** | **30/10/2023** | **05/02/2024** | **20/05/2024** |
| **14/8/2023** | **20/11/2023** | **04/03/2024** |  |
| **04/09/2023** | **11/12/2023** | **25/03/2024** |  |
| **25/09/2023** | **15/01/2024** | **29/04/2024** |  |

## Facilities Management Services



# *High School Menu 2023 - 2024 Week 3*

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| WEEK 3 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **SOUP V** | **Cook’s Choice Selection Bread & Rolls:**  **Carrot & Coriander, Lentil, Vegetable, Leek & Potato, Tomato & Basil, Scotch Broth, Split Pea or Minestrone** | | | |
| MAIN COURSE | **Piri Piri Chicken Tacos with Rice** | **Breaded Fish & Chips** | **Chicken Katsu Curry with Rice** | **Gammon Steak with Potatoes** |
| **VEGETARIAN CHOICE V** | **Macaroni V** | **Plant Based Chicken Fajita V** | **Tomato Pasta with Garlic Bread V** | **Pizza V** |
| **SPECIALS** | **STREET FOOD, PASTA KING, SUB SPECIALS, CHICKEN/VEGGIE BURGERS (NO RED MEAT)** | | | |
| VegetablesSalad | **Seasonal Vegetables/ Mixed Salad**  **Free with every Main Course/Vegetarian Option** | | | |
| **BAKED POTATO ⧫** | **Baked Potato with a Choice of Fillings:**  **Tuna/ Cheese/ Baked Beans/Hot Fills** | | | |
| VARIOUS | **Filled Baguettes, Rolls, Sandwiches, Flat Breads, Wraps**  **(Red Processed meat only on Tues/Wed/Thurs) Assorted Salads**  **Home Baking, Savoury Snacks, Fresh Fruit, Fresh Fruit Salad, Yogurt**  **Selection of Cold Drinks** | | | |
| Dessert Choices | **Only those that meet the 10g sugar per portion** | | | |
| MEAL DEALS | **\*\*\*Money-Saving Meal Deals \*\*\***  **Option 1: Dish of the Day, soup, fruit and a drink**  **Option 2: Takeaway Special, soup, small salad pot, fruit and a drink**  **Option 3: Baguette/Baked Potato, soup, small salad pot, fruit and a drink** | | | |

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| **Week 3**  caeasar salad  FRUITCP  **Week commencing** | | | |
| **19/06/2023** | **06/11/2023** | **19/02/2024** | **27/05/2024** |
| **21/08/2023** | **27/11/2023** | **11/03/2024** |  |
| **11/09/2023** | **18/12/2023** | **15/04/2024** |  |
| **02/10/2023** | **22/01/2024** | **06/05/2024** |  |