## 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 (CHO = 13.7g)** **& Chips (CHO = 55.4g)** | **Pork & Carrot Meatballs CHO 10.72g****Mashed Potatoes CHO 22.6g** | **Beef Bolognaise with Pasta** **CHO 48.3g** | **Chicken with Sweet Chilli Sauce CHO=0.5g** **Rice CHO=46.1g** |
| **VEGETARIAN****CHOICE V** | **Biryani CHO= 64.9g****Chapatti CHO=27.14g** | **Vegetable Curry & Rice****(CHO 82.6g)** | **Vegetarian Tacos (CHO 37.6g)** | **Cheese & Tomato Pizza** **(CHO = 53.4g)** |
| **SPECIALS \*****See Specials Board** | **STREET FOOD/PASTA KING/CHICKEN/VEGGIE BURGERS (NO RED MEAT)** |
| VegetablesSalad | **Seasonal Vegetables/ Mixed Salad** **Free with every Main Course/Vegetarian Option** |
| **BAKED POTATO ⧫****CHOICE:**  | **Baked Potato (79.2g with filling)****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 ⧫ Local produce when available**



## 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 (CHO = 70.2g)** | **Salmon Fillet = 0g****& Potatoes (CHO = 34.8g)** | Beef Teriyaki CHO 7.2g**Noodles CHO 31.5g****Rice CHO 46.1.g** | **Chicken & Vegetable Lasagne****CHO 19.8g** |
| **VEGETARIAN CHOICE V** | **Cream Cheese & Cherry Tomatoes with Pasta (CHO 25g)** | **Macaroni Cheese****(CHO = 59.4g)** | **Pasta in a Tomato & Basil Sauce** **(CHO = 62.4g)** | **Quorn Dippers (CHO = 9g)****& Potato Wedges (CHO = 31.4g)****Beans (CHO 11.4g)** |
| **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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## 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 (CHO 23.7g)****Rice (CHO 46.1g)** | **Breaded Fish (CHO = 13.7g)** **& Chips (CHO = 55.4g)** | **Breaded Chicken CHO=11g****Katsu Curry Sauce CHO= 5.5g****Rice CHO=46.1.g** | **Gammon Steak (CHO 1.1g)****Baby Boiled Potatoes CHO 22.4g** |
| **VEGETARIAN CHOICE V** | **Macaroni Cheese (CHO = 59.4g)** | **Plant-based Chicken Fajita CHO=33.2g** | **Pasta in a Tomato & Basil Sauce** **(CHO = 62.4g)** | **Pizza (CHO = 53.4g)** |
| **SPECIALS** | **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** |
| 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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