

WEEKLY

MENU

Highshore School - Week One

Monday

Tuesday

Wednesday

Thursday

Friday

Beef Rogan Josh

Chicken Fajita with Sweet Chilli

Steak Pie with Gravy

Blackened Cajun Chicken

Breaded Fish Fillet

Chickpea with Spinach & Butternut Squash

Vegetable Lasagne

Macaroni Cheese

Black Eyed Bean & Vegetable Chilli

Roasted Vegetable Omelette

Steamed Basmati Rice

Baked Potato Wedges

Parsley New Potatoes

Steamed Basmati Rice

Chunky Chips

Fine Green Beans

Mixed Mediterranean Vegetables

Citrus Carrots

Chow Chow Slaw

Baked Beans

Sweetcorn

Fresh Cauliflower

Fresh Broccoli

Garden Peas

Wholemeal Peach Crumble with Custard Sauce

Flapjacks with Custard Sauce

Chocolate & Apple Sponge with Chocolate Sauce

Fruited Carrot Cake

Jam Sponge with Custard Sauce

Salad Bar • Freshly prepared Baguettes • Jacket Potato with a Selection of Hot & Cold Fillings • Fresh Fruit Pots • Fruit Jelly • Fruit Smoothie

HARRISON
food with thought

WEEKLY

MENU

Highshore School - Week Two



Monday

Tuesday

Wednesday

Thursday

Friday

Beef Bolognese

Chicken Balti

Beef Lasagne

Teriyaki Chicken

Pizza Margherita

Vegetarian Shepherd's Pie
with Sweet Potato Mash

Spinach & Potato Bake

Cheddar & Three Onion
Quiche

Linguine with Pesto &
Parmesan

Pan Fried Tilapia

Spaghetti

Steamed Basmati Rice

New Potatoes in Garlic &
Herbs

Fragrant Pilau

Chunky Chips

Citrus Carrots

Fine Green Beans

Fresh Vegetable Medley

Roasted Butternut Squash

Sweetcorn

Roasted Courgettes

Fresh Cauliflower

Braised Cabbage

Garden Peas

Chocolate Sponge with
Chocolate Sauce

Iced Orange & Lemon Sponge

Wholemeal Pear Cake with
Vanilla Sauce

Tropical Oat Bar

Homemade American Cookie

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Fresh Fruit Pots • Fruit Jelly • Fruit Smoothie

HARRISON
food with thought

WEEKLY
MENU

Highshore School - Week Three



Monday	Tuesday	Wednesday	Thursday	Friday
Beef Hotpot	Chinese Sticky Chicken	Baked Chicken Sausages with Yorkshire Pudding	Jerk Chicken	Battered Fish Fillet
Pasta Arrabiata	Oriental Stir Fry with Noodles	Seasoned Baked Salmon	Caribbean Fried Fish	Cheese & Potato Pinwheel
Parsley New Potatoes	Egg Fried Rice	Roast Potatoes	Rice & Peas	Chunky Chips
Garden Peas	Steamed Carrots & Swede	Fresh Cauliflower	Braised Savoy Cabbage	Baked Beans
Mange Tout & Cauliflower Mix		Fresh Broccoli	Roasted Parsnips	Braised Mushrooms
Lemon Drizzle Cake	Malva Pudding with Vanilla Sauce	Apple Flapjacks with Custard Sauce	Chocolate Brownie	Citrus Shortbread with Ice Cream



Salad Bar • Freshly prepared Baguettes • Jacket Potato with a Selection of Hot & Cold Fillings • Fresh Fruit Pots • Fruit Jelly • Fruit Smoothie