

Highshore School Lunch Menu Week 1

September 2017	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice of the Day	Baked Chicken Sausages with Onion Gravy	Spanish Chicken	Roast Beef with Yorkshire Pudding	Chicken Madras	Battered Fish Fillet
Vegetarian Option	Cheddar and Three Onion Quiche	Chick Pea and Vegetable Tagine	Macaroni Cheese	Sauté Sweet Potato with Mixed Beans	Cheese and Potato Pinwheel
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Carbohydrates	Creamed Potatoes	Steamed Basmati Rice	Roast Potatoes	Steamed Basmati Rice	Chunky Chips
Vegetables	Fine Green Beans Fresh Cauliflower	Sweetcorn Citrus Carrots	Braised Cabbage with Courgettes	Steamed Broccoli Roasted Parsnips	Garden Peas Baked Beans
Cold Choice	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches
Jacket Potato Choice	Cheddar / Tuna Baked Beans	Cheddar / Tuna Bolognaise	Cheddar/Tuna Baked Beans	Beef Chilli Baked Beans/ Cheddar	Bolognaise Baked Beans/ Cheddar
Dessert of the Day	Wholemeal Apple Crumble served with Custard Sauce	Lemon Sponge served with Custard Sauce	Chocolate Sponge with Chocolate Sauce	Tropical Flapjack	Shortbread Finger with Ice Cream
Selection of Desserts	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt

Highshore School Lunch Menu Week 2

September 2017	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice of the Day	Beef Lasagne	Buffalo Chicken	Roast Turkey with Gravy	Blackened Cajun Chicken	All Day Brunch
Vegetarian Option	Penne Arrabbiata	Black Eyed Bean and Vegetable Chill	Spinach and Potato Bake	Linguine with Roasted Vegetables and Parmesan	Seasoned Baked Salmon
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Carbohydrates	Garlic Bread	Steamed Basmati Rice	Roast Potatoes	Steamed Basmati Rice	Homemade Jacket Wedges
Vegetables	Fresh Cauliflower with Mange Tout	Medley of Fresh Vegetables	Broccoli and Cauliflower Mix	Fine Green Beans Roasted Butternut Squash	Baked Beans Garden Peas
Cold Choice	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches
Jacket Potato Choice	Cheddar / Tuna Baked Beans	Cheddar / Tuna Bolognaise	Cheddar/Tuna Baked Beans	Beef Chilli Baked Beans/ Cheddar	Bolognaise Baked Beans/ Cheddar
Desserts of the Day	Chocolate and Pear Sponge served with Chocolate Sauce Fresh Fruit Pots Fresh Fruit Salad	Canadian Gingerbread served with Vanilla Sauce	Dorset Apple Cake served with Custard Sauce	Lemon Drizzle Cake	Vanilla Ice Cream with Fruit
Selection of Desserts	Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt

Highshore School Lunch Menu Week 3

September 2017	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice of the Day	Beef Bolognese	Chicken Fajita	Steak Pie with Gravy	Chinese Sticky Chicken	Pizza Margherita
Vegetarian Option	Vegetable Bolognese	Mixed Bean Ratatouille	Pasta Neapolitan	Oriental Stir Fry with Noodles	Pan Fried Fish
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Carbohydrates	Spaghetti	Homemade Jacket Wedges	Garlic and Herb New Potatoes	Fried Rice	Chunky Chips
Vegetables	Citrus Carrots Fresh Broccoli	Fine Green Beans Sweetcorn	Fresh Broccoli and Cauliflower	Braised Carrots and Cabbage	Sweetcorn with Garden Peas
Cold Choice	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches
Jacket Potato Choice	Cheddar / Tuna Baked Beans	Cheddar / Tuna Bolognese	Cheddar/Tuna Baked Beans	Beef Chilli Baked Beans/ Cheddar	Bolognese Baked Beans/ Cheddar
Desserts of the Day	Apple Flapjack served with Custard Sauce	Carrot and Orange Cake	Chocolate Brownie	Orange and Lemon Sponge served with Custard Sauce	Frozen Yoghurt with Citrus Shortbread
Selection of Desserts	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt