

Highshore School
Lunch Menu
Week 1

September 2019	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice of the Day	Beef Bolognaise	Chicken Madras	Roast Turkey with Gravy	Blackened Cajun Chicken	Battered Fish Fillet
Vegetarian Option	Pasta Neapolitan	Chick Pea with Spinach and Butternut Squash	Linguine with Pesto and Parmesan	Sauté Sweet Potato with Mixed Beans	Cheese and Potato Pinwheel
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Carbohydrates	Spaghetti	Steamed Basmati Rice	Roast Potatoes	Steamed Basmati Rice	Chunky Chips
Vegetables	Fine Green Beans Fresh Cauliflower	Sweetcorn Citrus Carrots	Braised Carrots with Savoy Cabbage	Fresh 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	Available Daily	Available Daily	Available Daily	Available Daily	Available Daily
Dessert of the Day	Wholemeal Peach Crumble served with Custard Sauce	Lemon Sponge served with Custard Sauce	Chocolate and Apple Sponge with Chocolate Sauce	Carrot and Parsnip Cake	Vanilla Ice Cream with Fruit
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	Baked Chicken Sausages	Beef Lasagne	Beef and Vegetable Pie with Gravy	Buffalo Chicken	Pizza Margherita
Vegetarian Option	Macaroni Cheese	Oriental Stir Fry with Noodles	Bubble and Squeak Cakes	Black Eyed Bean and Vegetable Chilli	Seasoned Baked Salmon
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Carbohydrates	Creamed Potatoes	Garlic Bread	New Potatoes in Garlic and Herbs	Steamed Basmati Rice	Chunky Chips
Vegetables	Citrus Carrots Fine Green Beans	Fresh Broccoli Sweetcorn	Fresh Cauliflower with Mange Tout	Braised Cabbage with Courgettes	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	Available Daily	Available Daily	Available Daily	Available Daily	Available Daily
Desserts of the Day	Dorset Apple Cake served with Custard Sauce	Vanilla Sponge served with Custard Sauce	Chocolate and Pear Sponge served with Chocolate Sauce	Flapjacks	Frozen Yoghurt with Fruit
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 3

September 2017	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice of the Day	Chicken Balti	Steak Pie with Gravy	Seasoned Roast Chicken	Meatballs in Herb and Tomato Sauce	Pizza Margherita
Vegetarian Option	African Bean Stew	Penne Arrabbiata	Leek and Lentil Pie	Vegetable Bolognese	Seasoned Baked Salmon
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Carbohydrates	Steamed Basmati Rice	Garlic and Herb New Potatoes	Roast Potatoes	Pasta	Chunky Chips
Vegetables	Citrus Carrots Fresh Broccoli	Braised Cabbage Roasted Parsnips	Fresh Broccoli and Cauliflower Mix	Fine Green Beans Steamed Swede	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	Available Daily	Available Daily	Available Daily	Available Daily	Available Daily
Desserts of the Day	Spanish Orange Cake served with Custard Sauce	Chocolate Brownie	Sweet Potato Cake with Custard Sauce	Wholemeal Shortbread	Strawberry Jelly with Fruit
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

