

WEEKLY

# MENU

## Highshore School

WEEK 1.

Monday

Tuesday

Wednesday

Thursday

Friday

Beef Bolognaise with Pasta

Chicken Madras

Baked Chicken Sausages with Braised Onions and Gravy

Spanish Chicken

Battered Fish Fillet

Pasta Neapolitan

Chick Pea and Vegetable Tagine

Crustless Quiche

Sauté Sweet Potato with Mixed Beans

Cheddar and Potato Pinwheel

Steamed Basmati Rice

Roast Potatoes

Steamed Basmati Rice

Chunky Chips

Broccoli and Cauliflower Mix

Braised Cabbage, Sweetcorn

Fresh Cauliflower, Fine Green Beans

Fresh Broccoli, Roasted Butternut Squash

Baked Beans, Garden Peas with Sweetcorn

Wholemeal Peach Crumble served with Custard Sauce

American Cookie

Chocolate Sponge served with Chocolate Sauce

Pineapple Flapjack

Strawberry Jelly with Fruit with Fruit

Available daily

Jacket: Potato with a Choice of Fillings, Sandwiches and Baguettes, Salad Selection Fresh Fruit, Pots, Fruit Yoghurt or Fruit Smoothie

**HARRISON**  
food with thought

WEEKLY

# MENU

## Highshore School

WEEK 2.



Monday

Tuesday

Wednesday

Thursday

Friday

Shepherd's Pie	Chicken Fajita with Sweet Chili	Meatballs in Herb and Tomato Sauce	Blackened Cajun Chicken	Salmon Rosti Cake
Spinach and Potato Bake	Bubble and Squeak Cake	Black Eyed Bean and Vegetable Chili	Mixed Beans Ratatouille	Pizza Margherita
Braised Cabbage with Courgettes	Homemade Jacket Wedges	Spaghetti	Steamed Basmati Rice	Chunky Chips
Lemon Sponge served with Custard Sauce	Citrus Carrots with Sweetcorn	Fresh Cauliflower with Mange Tout	Fine Green Beans, Butternut Squash	Baked Beans, Garden Peas
	Wholemeal Shortbread	Chocolate and Pear Sponge served with Chocolate Sauce	Sweet Potato Cake	Frozen Yoghurt with Fruit



Available daily

Jacket Potato with a Choice of Fillings, Sandwiches and Baguettes, Salad Selection, Fresh Fruit Pots, Fruit Yoghurt or Fruit Smoothie

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food with thought

WEEKLY

# MENU

## Highshore School

WEEK 3



Monday

Tuesday

Wednesday

Thursday

Friday

BBQ Chicken	Steak Pie with Gravy	Seasoned Roast Chicken with Gravy	Beef Lasagne	Homemade Sausage Roll
Oriental Stir Fry with Noodles	Penne Arrabiata	Cheddar and Three Onion Quiche	Linguine with Pesto and Parmesan	Vegetable Roll
Steamed Basmati Rice	Creamed Potatoes	Roast Potatoes	Garlic Bread	Chunky Chips
Garden Peas, Mange Tout and Cauliflower Mix	Braised Carrots with Roasted Parsnips	Braised Savoy Cabbage, Sweetcorn	Fresh Broccoli and Cauliflower Mix	Baked Beans, Garden Peas
Spanish Orange Cake served with Custard Sauce	Chocolate Brownie	Carrot and Parsnip Cake	Dorset Apple Cake served with Custard Sauce	Vanilla Ice Cream with Fruit

Available daily

Jacket Potato with a Choice of Fillings, Sandwiches and Baguettes, Salad Selection, Fresh Fruit Platter, Fruit Yoghurt or Fruit Smoothie

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food with thought