

## HIGH SCHOOL MENU 2015

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Breakfast Bap	Sausage Muffin	Bacon Muffin	Bacon Turnover	Breakfast Bap
	Breakfast Panini : Cheese Toasty : Toasted Teacakes : Crumpets : Bagels : Beans On Toast : Toast : French Bread Pizza				
DAILY MAIN COURSE 1 £1.81	Minced Beef And Onion Pie	Chicken Fajita	Lasagne	Chicken Curry	Salmon & Broccoli Bake
DAILY MAIN COURSE 2 £1.81	Cauliflower & Broccoli Mornay	Cheesy Tomato Pasta Bake	Cheese & Onion Pasty	Quesadilla	Beef Burger Bap
SERVED WITH	Mashed Potatoes Green Beans / Carrots	Salad & coleslaw	Diced Potatoes Sweetcorn / Salad	Rice / Wedges Raita / Beans	Chips Peas / Beans
	DAILY MAIN COURSE AND PUDDING OF THE DAY £2.25				
PUDDING OF THE DAY 67p - 92p	Apple Crumble & Custard	Chocolate Brownie	Trifle	Lemon Drizzle Cake	Shortbread Biscuit
DAILY SPECIAL £2.34	Chicken Balti & Rice With accompaniments	Breakfast Grill	Roast Dinner	Hunters Chicken	Battered Fish
DAILY SIDES 67p	Naan Bread	Onion Rings	Toasted Ciabatta	2 x Poppadum's	Bread & Butter
DELI BAR  Individually priced	BBQ Chicken Fillet Burger	Jumbo Hot Dog	Ranch Wrap	Southern Style Chicken In A Bun	Burger Bun Selection
	Homemade Soup & Homemade Roll : Filled Jacket Potatoes Boxed Salads : Sandwiches : Baguettes : Wraps Pasta King Sauce Of The Day : Theo's : Panini's : Pizza				
DESSERT CHOICE  40p - 92P	Assorted Cookies : Cakes : Welsh Fruit Yogurt : Fresh Fruit				
DRINKS 35p- £1.01	Milk : Water : Fruit Juice : Hot Drinks				

As an alternative to the pudding in the Daily Main Course option you can choose either a piece of fresh fruit or a 200ml fruit juice

## HIGH SCHOOL MENU 2015

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Breakfast Bap	Sausage Muffin	Bacon Muffin	Bacon Turnover	Breakfast Bap
	Breakfast Panini : Cheese Toasty : Toasted Teacakes : Crumpets : Bagels : Beans On Toast : Toast : French Bread Pizza				
DAILY MAIN COURSE 1 £1.81	Cottage pie	Baked Sausage With Gravy	Pasta Bolognese & Garlic Bread Finger	Mini Brunch	Fish Fingers
DAILY MAIN COURSE 2 £1.81	Margherita Pizza	Macaroni Cheese	Quesadilla	Vegetable Tikka	Mushroom Ciabatta
SERVED WITH	Potato Wedges Broccoli / Carrots	Mashed Potatoes Peas / Crusty Roll	Wedges / Coleslaw	Pasta / Rice Sweetcorn / Raita	Chips Green Salad / Peas
	DAILY MAIN COURSE AND PUDDING OF THE DAY £2.25				
PUDDING OF THE DAY 67P - 92P	Fairy Cake	Apple Tart & Custard	Chocolate Sponge & Chocolate Sauce	Nacho Berry Crunch	Chocolate Krispie Cake
DAILY SPECIAL £2.34	Chicken Balti & Rice With accompaniments	Breakfast Grill	Roast Dinner	Hunters Chicken	Battered Fish
DAILY SIDES 67p	Naan Bread	Onion Rings	Toasted Ciabatta	2 x Poppadum's	Bread & Butter
DELI BAR Individually priced	BBQ Chicken Fillet Burger	Jumbo Hot Dog	Ranch Wrap	Southern Style Chicken In A Bun	Burger Bun Selection
	Homemade soup & Homemade Roll : Filled Jacket Potatoes Boxed Salads : Sandwiches : Baguettes : Wraps Pasta King Sauce Of The Day : Theo's : Panini's : Pizza				
DESSERT CHOICE 40p - 92P	Assorted Cookies : Cakes : Welsh Fruit Yogurt : Fresh Fruit				
DRINKS 35p- £1.01	Milk : Water : Fruit Juice : Hot Drinks				

As an alternative to the pudding in the Daily Main Course option you can choose either a piece of fresh fruit or a 200ml fruit juice