

SPRINGWOOD HIGH SCHOOL WEEK 2 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	LEAN MINCED BEEF AND ONION PIE	GARLIC AND HERB CHICKEN KIEVS	CHICKEN TIKKA OR CHICKEN KORMA WITH NAAN BREAD	ROAST OF THE DAY SERVED WITH HOMEMADE YORKSHIRE PUDDINGS AND THYME SCENTED ROASTED POTATOES	<u>FISH SHOP DAY</u> BREADED PLAICE, SCAMPI AND BREADED COD WITH LEMON AND HOMEMADE TARTARE SAUCE
VEGETARIAN	MACARONI CHEESE	CHEESE AND POTATO PIE	ROAST VEGETABLE PASTA BAKE	QUORN MEATBALLS IN TOMATO SAUCE	BEAN AND VEGETABLE CASSEROLE
TODAYS FRESH VEGETABLES	CARROTS AND GARDEN PEAS	MASHED SWEDE AND PEAS	SWEETCORN	ROAST PARSNIPS, CARROTS, CAULIFLOWER, BROCCOLI	HOMEMADE MUSHY PEAS, GARDEN PEAS
SOUP	SOUP OF THE DAY WITH HOMEMADE ROLL	SOUP OF THE DAY WITH HOMEMADE ROLL	SOUP OF THE DAY WITH HOMEMADE ROLL	SOUP OF THE DAY WITH HOMEMADE ROLL	SOUP OF THE DAY WITH HOMEMADE ROLL
PASTA DISH	PENNE WITH SAUCE OF THE DAY	TWISTS WITH SAUCE OF THE DAY	SHELLS WITH SAUCE OF THE DAY	FARAFELLE WITH SAUCE OF THE DAY	MACARONI WITH A CHEESE SAUCE
DAILY SPECIALS	SALAD BAR PLUS GRAB AND GO SALAD BOWLS	SALAD BAR PLUS GRAB AND GO SALAD BOWLS	SALAD BAR PLUS GRAB AND GO SALAD BOWLS	SALAD BAR PLUS GRAB AND GO SALAD BOWLS	SALAD BAR PLUS GRAB AND GO SALAD BOWLS
POTATOES	NEW POTATOES	PARMENTIER	WEDGES WITH RED ONION AND HERBS	ROAST POTATOES	CHIPS