

SPRINGWOOD HIGH SCHOOL WEEK 4 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	CHICKEN AND LEEK PIE	LEAN MINCED BEEF LASAGNE SERVED WITH GARLIC BREAD	CHICKEN TIKKA OR CHICKEN KORMA SERVED WITH RICE AND NAAN BREAD	ROAST OF THE DAY SERVED WITH HOMEMADE YORKSHIRE PUDDINGS AND THYME SCENTED ROAST POTATOES	<u>FISH SHOP DAY</u> BREADED PLAICE, SCAMPI AND BREADED COD WITH LEMON AND HOMEMADE TARTARE SAUCE
VEGETARIAN	QUORN BOLOGNAISE	QUORN LASAGNE SERVED WITH GARLIC BREAD	SEASONAL VEGETABLE CURRY SERVED WITH RICE AND NAAN BREAD	PULSE AND PASTA RAGOUT	QUORN SUPREME IN A TOMATO AND BASIL SAUCE
TODAYS FRESH VEGETABLES	BATTON CARROTS AND BROCCOLI	CAULIFLOWER 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	GRAB AND SALAD POTS PLUS SALAD BAR	GRAB AND GO SALAD POTS PLUS SALAD BAR	GRAB AND GO SALAD POTS PLUS SALAD BAR	GRAB AND GO SALAD POTS PLUS SALAD BAR	GRAB AN GO SALAD POTS PLUS SALAD BAR
POTATOES	NEW POTATOES	ROSEMARY WEDGES	CROQUETTES	ROAST POTATOES	CHIPS