

# SPRINGWOOD HIGH SCHOOL WEEK 3 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	TOAD IN THE HOLE BUTCHERS SAUSAGES IN A LARGE YORKSHIRE	BEEF BOURGINON OR GAMMON WITH PINEAPPLE	SWEET AND SOUR CHICKEN SERVED WITH RICE	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
<b>VEGETARIAN</b>	CAULIFLOWER AND BROCCOLI CHEESE BAKE	LEEK AND CORRIANDER PUFFS	RATATOUILLE BAKE	STUFED FIELD MUSHROOMS	VEGETABLE BURGER
<b>TODAYS FRESH VEGETABLES</b>	SWEETCORN AND GREEN BEANS	CARROTS AND PEAS	SWEETCORN	ROAST PARSNIPS, CARROTS, CAULIFLOWER, BROCCOLI	HOMEMADE MUSHY PEAS, GARDEN PEAS
<b>SOUP</b>	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
<b>PASTA DISH</b>	PENNE WITH TOMATO AND BASIL SAUCE	TWISTS WITH SAUCE OF THE DAY	SHELLS WITH SAUCE OF THE DAY	FARAFELLE WITH SAUCE OF THE DAY	MACARONI WITH A CHEESE SAUCE
<b>DAILY SPECIALS</b>	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
<b>POTATOES</b>	MASH	NEW POTATOES	WEDGES	ROAST POTATOES	CHIPS