

SPRINGWOOD HIGH SCHOOL WEEK 1 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SAUSAGE AND MUSHROOM CASSEROLE	SPAGHETTI BOLOGNAISE WITH GARLIC BREAD	CHICKEN AND BACON CASSEROLE WITH DUMPLINGS	ROAST OF THE DAY SERVED WITH HOMEMADE YORKSHIRE PUDDINGS AND ROASTED POTATOES	<u>FISH SHOP DAY</u> BREADED PLAICE, SCAMPI AND BREADED COD WITH LEMON AND HOMEMADE TARTARE SAUCE
VEGETARIAN	QUORN SAUSAGE AND MUSHROOM CASSEROLE	QUORN MINCE BOLOGNAISE WITH GARLIC BREAD	ROASTED VEGETABLE PASTA BAKE	MEXICAN QUICHE	SPICY VEGETABLE PARCELLS
TODAYS FRESH VEGETABLES	SCARROTS AND CAULIFLOWER	GREEN BEANS AND CAULIFLOWER	SWEETCORN AND PEAS	CAULIFLOWER, HONEY ROASTED PARSNIPS, AND BATON CARROTS	QOURN TIKKA MASALA
SOUP	SOUP OF THE DAY WITH HOMEMADE BREAD ROLL	SOUP OF THE DAY WITH HOMEMADE BREAD ROLL	SOUP OF THE DAY WITH HOMEMADE BREAD ROLL	SOUP OF THE DAY WITH HOMEMADE ROLL	SOUP OF THE DAY WITH HOMEMADE ROLL
PASTA DISH	PENNE PASTA 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	HERB MASH	JACKET POTATOES	MASH	ROAST POTATOES	CHIPS