



SMITHDON HIGH SCHOOL WEEK 2 MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	HUNTERS CHICKEN - SUCCULENT CHICKEN BREAST OR THIGHS TOPPED WITH BACON AND CHEESE IN A BBQ SAUCE	BEEF LASAGNE	CHICKEN TIKKA MASALA WITH FRAGRANT CORIANDER	ROAST BEEF WITH GRAVY	HOME BATTERED COD WITH A LEMON WEDGE, FISH FINGERS OR CHICKEN NUGGETS.
VEGETARIAN	MACARONI CHEESE OR RATATOUILLE	VEGETABLE LASAGNE	QUORN TIKKA MASALA FINISHED WITH FRAGRANT CORIANDER	QUORN ROAST	SPICY BEAN BURGER (VEGAN) OR VEGETARIAN BURGER
TODAY'S FRESH VEGETABLES	FRENCH GREEN BEANS	GREEN SALAD	SWEETCORN	BATON CARROTS, CAULIFLOWER, BROCCOLI.	BAKED BEANS MUSHY PEAS
POTATOES/RICE	NEW POTATOES	N/A	RICE	ROAST POTATOES WITH THYME	CHIPS
SIDES	N/A	GARLIC BREAD	GARLIC AND CORIANDER NAAN BREAD, ONION BHAJIS	YORKSHIRE PUDDING	N/A
PASTA DISH	PASTA POT WITH A CHOICE OF SAUCES	PASTA POT WITH A CHOICE OF SAUCES	PASTA POT WITH A CHOICE OF SAUCES	PASTA POT WITH A CHOICE OF SAUCES	PASTA POT WITH A CHOICE OF SAUCES
SALAD BAR	GRAB AND GO SALAD BOXES	GRAB AND GO SALAD BOXES	GRAB AND GO SALAD BOXES	GRAB AND GO SALAD BOXES	GRAB AND GO SALAD BOXES