



SMITHDON HIGH SCHOOL WEEK 3 MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	HOMEMADE BEEF BURGER WITH BACON IN A BRIOCHE BUN AND RED ONION MARMALADE	SWEET AND SOUR CHICKEN	CHEF'S OWN RECIPE: BEEF ROGAN JOSH	ROAST CHICKEN WITH GRAVY	HOME BATTERED COD WITH A LEMON WEDGE, FISH FINGERS OR CHICKEN NUGGETS
VEGETARIAN	VEGAN SPICY BEAN BURGER IN A FLOURED WHITE BAP WITH RED ONION MARMALADE	STIR-FRIED VEGETABLES IN SWEET AND SOUR SAUCE	VEGETABLE CURRY	QUORN ROAST	SPICY BEAN BURGER (VEGAN) OR VEGETARIAN BURGER
TODAY'S FRESH VEGETABLES	MIXED SALAD	N/A	SWEETCORN	BATON CARROTS, CAULIFLOWER AND BROCCOLI	MUSHY PEAS, BAKED BEANS
POTATOES/RICE	SWEET POTATO FRIES	SPECIAL RICE (WITH PEAS AND SWEETCORN)	RICE	ROAST POTATOES WITH THYME	CHIPS
SIDES	N/A	PRAWN CRACKERS	GARLIC AND CORIANDER NAAN BREAD, ONION BHAJIS	YORKSHIRE PUDDING, STUFFING	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