

# HS menu Week 1 - St Modans HS

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Lentil	Chicken Noodle	Lentil	Tomato	Lentil
<b>Main Meal</b> <b>2 choices</b> <b>daily</b>	Chicken tikka Boiled Rice/Nan  Spicy Tomato Pasta Garlic Bread	Pizza Chips  Noodles sweet chilli sauce	Link Sausage Beans/Wedges  Macaroni Garlic Bread	Cottage Pie with vegetables  Egg Fried Rice with curry sauce	Fish Chips Peas  Baked Potatoes with various filling
<b>Grab &amp; Go</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>

# Week 2

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Chicken Noodle	Lentil soup	Tomato	Leek and potato	Lentil
<b>Main Meal</b> <b>2 choices</b> <b>daily</b>	Spaghetti Bolonaise Garlic Bread  Macaroni Cheese Garlic Bread	Fish chips beans  Baked potatoes various fillings	Roast Beef With vegetables potatoes  Noodles various sauces	Chicken Korma Rice nan  Egg fried rice curry sauce	Various Pizza curly Fries Salad  Onion bhaji sweet chilli sauce Rice
<b>Grab &amp; Go</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>

# Week 3

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Tomato	Lentil	Chicken noodle	Lentil	Chicken noodle
<b>Main Meal</b>	Sausage mash and beans	Chicken Curry Boiled Rice	Steak pie potato veg	Fish chips beans	Pizza Chips salad
<b>2 choices daily</b>	Noodles various sauce	Baked potatoes Various filling	Macaroni garlic Bread	Egg fried rice curry sauce	Fish Fingers Chip Beans
<b>Grab &amp; Go</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>	Selection of sandwiches, filled rolls, wraps baguettes Paninis Pazinis Pasta and asst sauce Hot dog Chicken/Beef/cheese burger Chicken goujons Hot filled baguettes Toasties Bloomers – cheese and Ham Hot filled wraps Pastries – s/rolls pie shells etc. Baked potatoes Chicken goujon sub Fish finger sub Salad pots Salad Bars/Deli bar Pot noodle - homemade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  <b>From the choice above please provide 4 hot items daily</b>

