## HS menu Week 1 - St Modans HS

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Lentil	Chicken Noodle	Lentil	Tomato	Lentil
Main Meal	Chicken tikka Boiled Rice/Nan	Pizza Chips	Link Sausage Beans/Wedges	Cottage Pie with vegetables	Fish Chips Peas
2 choices daily	Spicy Tomato Pasta Garlic Bread	Noodles sweet chilli sauce	Macaroni Garlic Bread	Egg Fried Rice with curry sauce	Baked Potatoes with various filling
Grab & Go	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 - homemeade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  From the choice above please provide 4 hot items daily	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 - homemeade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  From the choice above please provide 4 hot items daily	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 - homemeade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  From the choice above please provide 4 hot items daily	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 - homemeade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  From the choice above please provide 4 hot items daily	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 - homemeade Selection of homebaking x 4 choices Fruit tubs Crudities Pasta Tubs Cheese and crackers Yoghurts Fresh fruit per portion  From the choice above please provide 4 hot items daily

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## Week 2

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

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## Week 3

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