

OUR LADY'S CATHOLIC HIGH SCHOOL - MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">SWEET CHILLI CHICKEN</p> <p>A fresh chicken fillet oven baked and served in a sweet chilli sauce on a bed of noodles</p>	<p align="center">CREAMY CHICKEN CURRY</p> <p>Pieces of fresh chicken cooked with onions, garlic, coriander, cumin, ginger, turmeric and coconut milk, then served on a bed of rice</p>	<p align="center">BURGER DAY</p> <p>Choose from: 1/4lb Beef Burger Or Chicken Fillet Burger</p> <p>Both baked in the oven and served on a bun with mixed salad and chips</p>	<p align="center">ROAST OF THE DAY</p> <p>Choose from our home roasted meat of the day served with roast potatoes, seasonal vegetables and gravy</p>	<p align="center">CHIPPY DAY</p> <p>Choose from a battered cod fillet battered, breaded fish fingers or a fishcake all baked in the oven and served with chips</p> <p align="center">Barmcakes also available</p>
VEGETARIAN OPTION				
<p align="center">MAC & CHEESE</p> <p>Macaroni pasta served in a cheese sauce</p>	<p align="center">THREE BEAN QUASADILA</p> <p>A flour tortilla topped with cheese, then a three-bean chilli, then some more cheese and finished off with another flour tortilla, baked in the oven and cut into quarters and served with a savoury rice</p>	<p align="center">OMELETTE</p> <p>Seasoned eggs beaten together with a little milk, cooked then topped with a selection of toppings: Onions, Mushrooms, Cheese</p>	<p align="center">QUORN CHOW MEIN</p> <p>Pieces of Quorn, cooked with onions, green peppers, carrots, garlic, stock, soy sauce and egg noodles</p>	<p align="center">SPICY BEAN BURGERS</p> <p>A spicy bean burger cooked in the oven and served on a bun with salad</p> <p align="center">With or without cheese</p>
A selection of Seasonal Vegetables	Broccoli	Green Beans Mixed salad	A selection of Seasonal Vegetables Or Mixed Salad	Mushy Peas
OR				
HOT ALTERNATIVE – DELI BAR				
Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.				
FOR DESSERT				
A selection of home bakery items available everyday: biscuits and cakes and A selection of fresh fruit or fruit pots are also available everyday				