

**OUR LADY'S CATHOLIC HIGH SCHOOL - MENU CYCLE WEEK 3**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>HUNTERS CHICKEN</b> A piece of fresh chicken served on top of a potato scallop and topped with bacon, barbeque sauce and cheese served with potato wedges	<b>CORNBEEF HASH</b> Cornbeef, onion and mashed potato mixed together and topped with cheese and baked in the oven until golden	<b>SAUSAGE ROLL</b> Minced pork mixed with herbs, spices and breadcrumbs encased in puff pastry and baked in the oven and served with chips	<b>ROAST OF THE DAY</b> Choose from our home roasted meat of the day served with roast potatoes, seasonal vegetables and gravy	<b>CHIPPY DAY</b> Choose from a battered cod fillet battered, breaded fish fingers or a fishcake all baked in the oven and served with chips  Barmcakes also available
<b>VEGETARIAN OPTION</b>				
<b>RED PEPPER FRITTATA</b> Onions and red peppers, pan fried and placed in an oven proof dish then covered with seasoned eggs, topped with cheese and baked in the oven until golden and served with crusty bread	<b>QUICHE</b> A pastry case filled with seasoned eggs, onions and cheese then baked in the oven until golden and served with new potatoes	<b>VEGETARIAN CHILLI NACHOS</b> Veggie mince cooked with onions, peppers, red kidney beans and seasoned with a mild chilli powder. The chilli is then topped with crushed nachos and grated cheese, baked in the oven and served on a bed of rice	<b>SWEET CHILLI QUORN</b> A Quorn fillet oven baked and served in a sweet chilli sauce on a bed of noodles	<b>Fish Pie</b> Pieces of salmon fillet, cod fillet, smoked haddock and boiled eggs smothered in a creamy white sauce and topped with a homemade mashed potato and baked in the oven.
A selection of Seasonal Vegetables Or Mixed Salad	Broccoli	Green Beans Mixed salad	A selection of Seasonal Vegetables Or Mixed Salad	Mushy Peas
<b>HOT ALTERNATIVE – DELI BAR</b> 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.				
<b>FOR DESSERT</b>				
A selection of home bakery items available everyday: biscuits and cakes and A selection of fresh fruit or fruit pots are also available everyday				