

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">LASAGNE</p> <p>Fresh minced beef cooked with garlic, onions, and tomatoes and layered with Lasagne sheets and topped with a béchamel sauce, baked in the oven and served with garlic bread</p>	<p align="center">PIZZA</p> <p>Choose from 'Cheese & Tomato' 'Pepperoni' & 'BBQ Chicken' served with Coleslaw & potato wedges and chopped green salad</p>	<p align="center">ROAST OF THE DAY</p> <p>Choose from our home roasted meat of the day served with roast potatoes, carrot & swede, cauliflower & gravy</p>	<p align="center">CHICKEN WRAPS</p> <p>Tortilla wrap filled with Chicken strips, Cheddar Cheese & BBQ sauce, baked until melted, served with a crispy green Salad.</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>
<p align="center">VEGETARIAN OPTION</p>		VEGETARIAN OPTION		
<p align="center">QUORN & MUSHROOM PIE</p> <p>Minced Quorn cooked with mushrooms, onions and carrots in a light vegetable gravy and topped with a sweet potato mash</p>		<p align="center">TRIPLE CHEESE PASTA BAKE</p> <p>A tomato and basil sauce with crumbled feta cheese and blended with Penne pasta baked garnished with grated cheddar and mozzarella cheese and baked in the oven</p>	<p align="center">FISH PIE</p> <p>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.</p>	<p align="center">VEGGIE BURGERS</p> <p>A tasty veggie burger cooked in the oven and served on a bun with salad</p> <p align="center">With or without cheese</p>
<p align="center">A selection of Seasonal Vegetables</p>	<p align="center">Corn on the Cob</p>	<p align="center">Green Beans Mixed salad</p>	<p align="center">A selection of Seasonal Vegetables Or Mixed Salad</p>	<p align="center">Mushy Peas</p>
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				