

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>LASAGNE</p> <p>Fresh minced beef cooked with garlic, onions, and tomatoes and layered with lasagne sheets and topped with a cheese sauce, baked in the oven and served with garlic bread</p>	<p>PIZZA</p> <p>Choose from 'Cheese & Tomato' 'Pepperoni' or 'BBQ Chicken' served with Coleslaw, wedges and salad</p>	<p>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>CHICKEN WRAPS</p> <p>Tortilla wrap filled with Chicken strips, Cheddar Cheese & BBQ sauce, served with a crispy salad</p>	<p>CHIPPY DAY</p> <p>A battered cod fillet baked in the oven and served with chips</p>
VEGETARIAN OPTION				
<p>SHEPHERD'S PIE</p> <p>Quorn mince, onions and carrots in a light vegetable gravy and topped with a mashed potatoes</p>		<p>TRIPLE PASTA BAKE</p> <p>Tomato and basil sauce with crumbled feta cheese and blended with grated cheddar and mozzarella cheese and baked in the oven</p>	<p>FISH PIE</p> <p>Pieces of salmon fillet, cod fillet or smoked haddock and boiled eggs smothered in a creamy white sauce and topped with mashed potato and baked in the oven</p>	<p>VEGGIE BURGERS</p> <p>A tasty veggie burger cooked in the oven and served on a bun with chips</p>
A selection of Seasonal Vegetables		A selection of Seasonal Vegetables	A selection of Seasonal Vegetables Or Mixed Salad	Mushy Peas or Gravy
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				