

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>CHILLI WITH RICE OR JACKET POTATO</p> <p>Minced beef cooked with onions, peppers, kidney beans and seasoned with a mild chilli powder. Served on a bed of rice or with a jacket potato</p>	<p>YORKSHIRE PUD BAR</p> <p>Choose from one of the following fillings such as: Roast beef, Roast turkey Or Quorn chicken</p>	<p>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>SAUSAGE & MASH</p> <p>A butcher's quality sausage served on a bed of homemade mashed potato with gravy</p>	<p>CHIPPY DAY</p> <p>A battered cod fillet baked in the oven and served with chips</p>
VEGETARIAN OPTION				
<p>BUTTER PIE & BEANS</p> <p>Chunky boiled potatoes with onions and butter and covered in puffy pastry</p>		<p>Chilli Nachos & Rice</p> <p>Quorn mince cooked with onions, peppers, 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</p>	<p>VEGETARIAN SAUSAGE & Mashed Potato with Gravy</p>	<p>FISH CAKES</p> <p>Breaded fish cakes served on a soft barm with chips</p>
A selection of Seasonal Vegetables	A selection of Seasonal Vegetables	A selection of Seasonal Vegetables	A selection of Seasonal Vegetables	Mushy Peas or Gravy
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				