

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mac &amp; cheese with bacon and broccoli</b> Cooked macaroni pasta and a cheese sauce with golden melted cheddar topping.</p>	<p><b>SAUSAGE &amp; MASH</b> Choose from either a butcher's quality Cumberland sausage or Quorn sausages served on a bed of homemade creamy mashed potato with gravy <b>or baked bean</b></p>	<p><b>Roast Dinner</b> Cook's choice of meat with roast potatoes served with cauliflower, broccoli and gravy.</p>	<p><b>Chicken Supreme</b> Fresh chicken fillet and bacon cooked in a creamy sauce served on the bed of savoury rice</p>	<p><b>CHIPPY DAY</b> Choose from a battered cod fillet, breaded fish fingers or a fishcake all baked in the oven and served with chips</p>
<p><b>VEGETARIAN OPTION</b></p>		<p><b>VEGETARIAN OPTION</b></p>		
<p><b>Mac &amp; cheese with broccoli</b> Cooked macaroni pasta and a cheese sauce with golden melted cheddar topping.</p>		<p><b>Roast Dinner</b> Quorn fillet served with roast potato, cauliflower, broccoli and gravy</p>	<p><b>Quorn Supreme</b> Quorn fillet cooked in a creamy sauce served on the bed of savoury rice</p>	<p><b>TOPPED CHIPS</b> Oven baked chips topped with cheese and beans</p>
<p><b>Broccoli</b></p>	<p><b>Carrot &amp; Swede</b></p>	<p><b>Mixed Salad</b></p>	<p><b>Mixed salad</b></p>	<p><b>Mushy Peas</b></p>
<p><b>OR</b></p>				
<p><b>DELI BAR &amp; JACKET POTATOES</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. Jacket potatoes with a choice of fillings will be available daily</p>				
<p><b>HOT GRAB N GO</b> A selection of hot baguettes wraps and paninis will be available daily with a variety of fillings.</p>				
<p><b>PASTA POTS</b> A hot pasta offer will be available with a choice of a meat and veggie sauces</p>				
<p><b>FOR DESSERT</b></p>				
<p>A selection of home bakery items available everyday: biscuits and cakes and A selection of fresh fruit or fruit pots are also available everyday</p>				

OUR LADY'S CATHOLIC HIGH SCHOOL - MENU CYCLE WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Meat pasta bake</b> Cooked pasta and a spicy sausage sauce with golden melted cheddar topping served with crusty bread</p>	<p><b>Pie Day</b> Cook's choice, Meat &amp; Potato, Cottage, Fish, Chicken and Leek</p>	<p><b>Roast Dinner</b> Cook's choice of meat, Quorn fillet with roast potatoes served with cauliflower, broccoli and gravy.</p>	<p><b>Chicken Korma</b> Chicken Korma on a bed of Basmati Rice</p>	<p><b>CHIPPY DAY</b> Choose from a battered cod fillet, breaded fish fingers or a fishcake all baked in the oven and served with chips</p>
<p><b>VEGETARIAN OPTION</b></p>			<p><b>VEGETARIAN OPTION</b></p>	
<p><b>Vegetarian pasta bake</b> Cooked pasta and a pomodoro sauce with golden melted cheddar topping served with crusty bread</p>	<p><b>Pie Day</b> Butter or cheese and onion</p>		<p><b>Baked Salmon</b> Salmon fillet baked with peppers on a bed of Basmati rice</p>	<p><b>Cheese &amp; onion Pasty</b> Cheese and onion pasty served with chips</p>
<p><b>Mixed salad</b></p>	<p><b>Garden Peas</b> <b>Baked Beans</b></p>	<p><b>Mixed salad</b></p>	<p><b>Mixed salad</b></p>	<p><b>Mushy Peas/Baked Beans</b></p>
<p>Or</p>				
<p><b>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.</p>				
<p><b>HOT GRAB N GO</b> A selection of hot baguettes wraps and paninis will be available daily with a variety of fillings.</p>				
<p><b>PASTA POTS</b> A hot pasta offer will be available with a choice of a meat and veggie sauces</p>				
<p><b>FOR DESSERT</b></p>				
<p>A selection of home bakery items available everyday: biscuits and cakes and A selection of fresh fruit or fruit pots are also available everyday</p>				

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Meatball Marinara</b> Skinny fries with meatballs in a rich tomato sauce bake with golden melted cheddar topping served with corn on the cob</p>	<p><b>Chicken Tikka or Veg and red lentils Curry</b> Chicken Tikka or veggie curry on a bed of basmati rice.</p>	<p><b>Roast Dinner</b> Cook's choice of meat with roast potatoes served with cauliflower, broccoli and gravy.</p>	<p><b>Lasagne</b> Fresh minced beef cooked with garlic, onions, and tomatoes and layered with Lasagne sheets and topped with a béchamel sauce, baked in the oven served with garlic bread</p>	<p><b>CHIPPY DAY</b> Choose from a battered cod fillet, breaded fish fingers or a fishcake all baked in the oven and served with chips</p>
<p><b>VEGETARIAN OPTION</b></p>		<p><b>Roast Dinner</b> Quorn fillet served with roast potato, cauliflower, broccoli and gravy</p>	<p><b>QUORN LASAGNE</b> Quorn mince cooked with garlic, onions, and tomatoes and layered with Lasagne sheets and topped with a béchamel sauce, baked in the oven served with garlic bread</p>	<p><b>VEGGIE BURGER</b> A vegetarian burger cooked in the oven and served on a bun with chips</p>
<p><b>Corn on the cob</b></p>	<p><b>Mixed salad</b></p>	<p><b>Mixed Salad</b></p>	<p><b>Fresh salad</b></p>	<p><b>Mushy Peas</b></p>
<p><b>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.</p>				
<p><b>HOT GRAB N GO</b> A selection of hot baguettes wraps and paninis will be available daily with a variety of fillings.</p> <p><b>PASTA POTS</b> A hot pasta offer will be available with a choice of a meat and veggie sauces</p>				
<p><b>FOR DESSERT</b></p>				
<p>A selection of home bakery items available everyday: biscuits and cakes and A selection of fresh fruit or fruit pots are also available everyday</p>				

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