

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Gammon steak Gammon steak served with egg, new potatoes and garden peas.</p>	<p>SAUSAGE & MASH Choose from either a butcher's quality Cumberland sausage or Quorn sausages served on a bed of homemade creamy mashed potato with gravy or baked beans.</p>	<p>Roast Dinner Cook's choice of meat with roast potatoes served with cauliflower, broccoli and gravy.</p>	<p>Chilli Minced beef cooked with onions, peppers, red kidney beans and seasoned with a mild chilli powder served with rice or jacket potato</p>	<p>CHIPPY DAY Choose from a battered cod fillet, breaded fish fingers or a fishcake all baked in the oven and served with chips</p>
<p>VEGETARIAN OPTION</p>		<p>VEGETARIAN OPTION</p>		
<p>Mac & cheese with broccoli Cooked macaroni pasta and a cheese sauce with golden melted cheddar topping.</p>		<p>Roast Dinner Quorn fillet served with roast potato, cauliflower, broccoli and gravy</p>	<p>Fried veggie rice Fried rice with egg sweetcorn, peas, peppers and spring onion topped with grilled Halloumi.</p>	<p>Quiche of the day Choose from cheese & onion, cheese & broccoli or cheese & mixed peppers served with chips.</p>
<p>Broccoli</p>	<p>Green beans</p>	<p>Cauliflower, broccoli, mix veg</p>	<p>Mixed salad</p>	<p>Mushy Peas</p>
<p>OR</p>				
<p>DELI BAR & JACKET POTATOES 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>HOT GRAB N GO A selection of hot baguettes wraps and paninis will be available daily with a variety of fillings.</p>				
<p>PASTA POTS A hot pasta offer will be available with a choice of a meat and veggie sauces</p>				
<p>FOR DESSERT</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>Cook's choice of meat pasta bake</p> <p>Cooked pasta with meat in a spicy sauce with golden melted cheddar topping served with garlic bread.</p>	<p>Pie Day</p> <p>Cook's choice: Meat & Potato, Cottage, Chicken and Leek</p>	<p>Roast Dinner</p> <p>Cook's choice of meat, Quorn fillet with roast potatoes served with cauliflower, broccoli and gravy.</p>	<p>Chicken Korma</p> <p>Chicken Korma on a bed of Basmati Rice</p>	<p>CHIPPY DAY</p> <p>Choose from a battered cod fillet, breaded fish fingers or a fishcake all baked in the oven and served with chips</p>
<p>VEGETARIAN OPTION</p>			<p>VEGETARIAN OPTION</p>	
<p>Tuna Pasta Bake</p> <p>Cooked pasta baked with tuna topped with golden melted cheddar served with garlic bread.</p>	<p>Pie Day</p> <p>Butter or cheese and onion pie.</p>		<p>Fish Pie</p> <p>Mixed fish in parsley sauce topped with creamy mash potato.</p>	<p>Tuna&cheese melt panini.</p>
<p>Mixed salad</p>	<p>Garden Peas Baked Beans</p>	<p>Broccoli, cauliflower, mix veg</p>	<p>Mixed salad</p>	<p>Mushy Peas/Baked Beans</p>
<p>Or</p>				
<p>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.</p>				
<p>HOT GRAB N GO</p> <p>A selection of hot baguettes wraps and paninis will be available daily with a variety of fillings.</p> <p>PASTA POTS</p> <p>A hot pasta offer will be available with a choice of a meat and veggie sauces</p>				
<p>FOR DESSERT</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>Spaghetti Bolognaise Fresh mince beef mixed with bolognaise sauce served on a bed of spaghetti with garlic bread.</p>	<p>Chicken Tikka Chicken Tikka on a bed of basmati rice.</p>	<p>Roast Dinner Cook's choice of meat with roast potatoes served with cauliflower, broccoli and gravy.</p>	<p>Lasagne 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>CHIPPY DAY Choose from a battered cod fillet, breaded fish fingers or a fishcake all baked in the oven and served with chips</p>
<p>VEGETARIAN OPTION</p>		<p>VEGETARIAN OPTION</p>		
<p>Vegetarian Spaghetti Oven roast veg in a tomato & fresh basil sauce served on a bed of spaghetti with garlic bread.</p>	<p>Cauliflower cheese Cauliflower florets covered in a creamy cheese sauce and baked in the oven until golden</p>	<p>Roast Dinner Quorn fillet served with roast potato, cauliflower, broccoli and gravy</p>	<p>QUORN LASAGNE 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>Quiche/soup Cook's choice of veggie quiche or soup of the day.</p>
<p>Mix veg</p>	<p>Mixed salad</p>	<p>Mixed Salad</p>	<p>Fresh salad</p>	<p>Mushy Peas</p>
<p>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.</p>				
<p>HOT GRAB N GO A selection of hot baguettes wraps and paninis will be available daily with a variety of fillings.</p> <p>PASTA POTS A hot pasta offer will be available with a choice of a meat and veggie sauces</p>				
<p>FOR DESSERT</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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