

# Michaelmas Term 2019 Menus

Week 1 (w/c: 02/09, 23/09, 14/10, 4/11, 25/11 and 16/12)

Name:

Form:

MONDAY – Week 1	CHOICE
<b>Bangers &amp; Mash</b> – pork sausages served with mashed potato and onion gravy	
<b>Grilled Halloumi</b> – grilled Greek halloumi served with roasted tomatoes, peppers and herbs and pitta bread	
<b>Jacket Potato</b> – served with a choice of tuna, baked beans, cheese or ham	
TUESDAY – Week 1	
<b>Beef Fajitas</b> – tender beef with roasted vegetables, served with flour tortillas, and a choice of toppings	
<b>Margarita Pizza</b> – thin crust pizza topped with a rich tomato and vegetable sauce and mozzarella cheese with salad	
<b>Jacket Potato</b> – served with a choice of tuna, baked beans, cheese or ham	
WEDNESDAY – Week 1	
<b>Roast Pork</b> – lean loin of pork served with a rich gravy and apple sauce	
<b>Vegetarian Sausage Roll</b> – “Linda McCartney” sausage wrapped in short crust pastry	
<b>Jacket Potato</b> – served with a choice of tuna, baked beans, cheese or ham	
THURSDAY – Week 1	
<b>Chicken Korma Curry</b> – tender pieces of chicken slowly cooked in a sweet coconut sauce, served with rice, poppadoms and chutney	
<b>Macaroni Cheese</b> – tender pieces of pasta baked in a creamy cheese sauce with garlic bread	
<b>Jacket Potato</b> – served with a choice of tuna, baked beans, cheese or ham	
FRIDAY – Week 1	
<b>Battered Cod Goujons</b>	
<b>Oven Baked Fish Cakes</b> - flaky fish and potato in breadcrumbs	
<b>Tomato &amp; Basil Quiche</b> – a wholemeal pastry flan filled with cheddar cheese, egg, juicy tomatoes and fresh basil	
<b>Jacket Potato</b> – served with a choice of tuna, baked beans, cheese or ham	
EVERY DAY – Week 1	
<b>Salad Bar</b> – a selection of freshly made seasonal salads, available every day	
<b>Deserts</b> – a choice of cakes, desserts, jelly, yogurt, fresh fruit platter and whole fruits	
Wednesday is Fruity Wednesday – a lunch without cakes!	