

WEEKLY

MENU

Lea Manor High School - Week Four



Monday

Tuesday

Wednesday

Thursday

Friday

Beef Meatballs in a Rich Tomato Sauce

Japanese Chicken Katsu Curry

Roast Beef with Yorkshire Pudding served with Horseradish Sauce

Shepherds Pie

Breaded Pollack Fillet with Tartare Sauce & Lemon Wedge

Vegetarian Meatballs in a Rich Tomato Sauce (V)

Marinated Tofu Katsu Curry (V, VG)

Quorn Bolognese Stuffed Courgette (V)

Quorn Shepherds Pie

Thai Fishcake

Cauliflower & Broccoli Cheese Pot with Garlic Bread (V,VG)

Sweet & Sour Vegetable Spring Roll (V, VG)

Vegetable Tagine served with Herby Cous Cous (V,VG)

Vegetable Quesadilla

Vegan Sausage (V,VG)

Three Cheese Pasta (V) - Pasta Pot

Chill Beef - Pasta Pot

Chorizo & Chickpeas (V,VG) - Pasta Pot

Tomato & Basil (V,VG) - Pasta Pot

Roasted Red Pepper & Spinach - Pasta Pot

Spaghetti with Fresh Herbs & Olive Oil - Wholemeal Garlic Bread

Jasmine & Lime Sticky Rice

Roast Potatoes

Parmentier Potatoes / Rice Noodles

Chunky Chips & Chip Shop Curry Sauce

Courgettes, Peppers & Aubergines

Oriental Stir Fried Vegetables & Prawn Crackers

Broccoli / Carrot Batons

Mixed Leave Salad / Stir Fried Vegetables

Glazed Peas / Baked Beans

Sultana Sponge and Custard

Chocolate Chip Muffin and Custard

Apple & Cinnamon Crunch with Custard

Millionaire Shortbread and Custard

Chocolate Mousse

Available daily

Please see a member of our catering team if you have any questions/queries or dietary requirements we are here to help...