

Queenscroft High School Autumn/Winter 2019 Menu Week 1

W/C 04/11, 25/11, 16/12, 20/01, 10/02, 09/03, 30/03.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Cheese & Tomato Pizza** (v) with Pasta Salad <i>Homemade pizza topped with tomato sauce & Mozzarella cheese</i>	Pork Sausages with Mashed Potato & Gravy <i>Traditional Bangers & Mash with Gravy!</i>	Traditional Roast Pork with Roast Potatoes & Gravy <i>A British Classic; Roast Dinner!</i>	Beef Burger with Potato Wedges <i>A juicy beef burger in a soft bun</i>	Cod Fillet Fish Fingers Battered Pollock Fillet & Chips
Alternative Choice	Mac 'N' Cheese (v) <i>Macaroni baked in a tasty cheesy sauce</i>	BBQ Quorn Burger (v) with Potato Wedges <i>Quorn burger served in a bun with lettuce, a tomato slice & BBQ sauce</i>	Giant Vegetable Pasty (v) with Roast Potatoes & Gravy <i>A tasty mix of vegetables wrapped in delicious shortcrust pastry</i>	Quorn Balls in Tomato Sauce with Wholegrain Rice** (v) <i>Tasty Quorn balls in a tomato sauce with wholegrain rice</i>	Baked Bean Omelette (v) & Chips <i>A baked vegetarian omelette</i>
Available Daily	Pasta Pasta Loaded Jacket Potatoes <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> Selection of Sandwiches and Paninis	Pasta Pasta Loaded Jacket Potatoes <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> Selection of Sandwiches and Paninis	Pasta Pasta Loaded Jacket Potatoes <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> Selection of Sandwiches and Paninis	Pasta Pasta Loaded Jacket Potatoes <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> Selection of Sandwiches and Paninis	Pasta Pasta Loaded Jacket Potatoes <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> Selection of Sandwiches and Paninis
Today's Fresh Vegetables	Carrots Green Beans	Cauliflower Broccoli	Carrots Cabbage	Sweetcorn Mediterranean Vegetables	Baked Beans Mushy Peas Carrots
Daily Salad Bar	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
Desserts	Chocolate Slice and Custard with Fruit Slices* Jelly Pots	Apple and Berry Crumble and Custard with Fruit Slices* Jelly Pots	Shortbread Biscuit with Fruit Slices* Jelly Pots	Creamy Baked Orange & Vanilla Rice Pudding and Custard with Fruit Slices*	Chocolate & Raspberry Swirl Cake and Custard with Fruit Slices* Jelly Pots

Cool Water, Organic Milk, Fruit Juice, Fresh Fruit, Freshly Baked 50/50 Bread and yogurt available daily *Fruit Based **Wholegrain ***Oily Fish (v) Vegetarian

Queenscroft High School Autumn/Winter 2019 Menu Week 2

W/C 11/11, 02/12, 06/01, 27/01, 24.02, 16/03.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Vegetable Supreme Pizza** (v) with Pasta Salad <i>Homemade pizza topped with tomato sauce, peppers, sweetcorn & Mozzarella cheese</i>	Cheesy Potato Bake(v) <i>Crushed potato & cheesy bake</i>	Traditional Roast Gammon with Roast Potatoes & Gravy <i>A British Classic; Roast Dinner!</i>	BBQ Beef Meatballs** <i>Delicious BBQ beef meatballs in a tomato sauce with wholemeal pasta</i>	Cod Fillet, Fish Fingers or Salmon Fish Fingers*** & Chips
Alternative Choice	Spaghetti Bake(v) <i>Vegetarian spaghetti bolognese topped with cheese, then baked</i>	Mexican Bean & Potato Wrap(v) With Rice** <i>Tortilla wrap stuffed with fajita seasoned beans & cubed potato in a cheesy tomato sauce</i>	Butternut Squash & Tomato Bake(v) <i>Butternut squash, carrot, cheese & lentils in a rich tomato sauce with a breadcrumb topping</i>	Veggie Pizza Hot Dog(v) with Potato Wedges <i>Vegetarian hot dog covered in a pizza sauce with melted cheese</i>	Cheesy Onion Quiche(v) with Chips <i>Delicious vegetarian quiche</i>
Available Daily	Pasta Pasta Loaded Jacket Potatoes <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> Selection of Sandwiches and Paninis	Pasta Pasta Loaded Jacket Potatoes <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> Selection of Sandwiches and Paninis	Pasta Pasta Loaded Jacket Potatoes <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> Selection of Sandwiches and Paninis	Pasta Pasta Loaded Jacket Potatoes <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> Selection of Sandwiches and Paninis	Pasta Pasta Loaded Jacket Potatoes <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> Selection of Sandwiches and Paninis
Today's Fresh Vegetables	Sweetcorn Broccoli	Broccoli Cauliflower	Roast Parsnips Carrots	Broccoli Sweetcorn	Baked Beans Mushy Peas Carrots
Daily Salad Bar	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
Desserts	Pineapple Traybake* and Custard with Fruit Slices* Jelly Pots	Chocolate Cake with Custard with Fruit Slices* Jelly Pots	Berry Flapjack and Custard with Fruit Slices* Jelly Pots	Chocolate Shortbread and Custard with Fruit Slices* Jelly Pots	Raspberry Yoghurt Cake and Custard with Fruit Slices* Jelly Pots

Cool Water, Organic Milk, Fruit Juice, Fresh Fruit, Freshly Baked 50/50 Bread and yogurt available daily *Fruit Based **Wholegrain ***Oily Fish (v) Vegetarian