



V= Vegetarian VG= Vegan H= Halal Meat

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT FOOD COUNTER	Traditional Dinners Monday	Chef's Special Tuesday	Roast Wednesday	Curry Thursday	Fish Friday
MEAT MEAL	Lamb Lasagne	Suffork Hot Pot (Gammon)	Roast Chicken Leg (H)	Chicken Curry (H)	Chilli Beef
VEGETARIAN MEAL	Rice Noodles Chow Mein (VG)	Sweet potato Burrito (VG)	Five a Day Veggie Lasagne (V)	Spinach & Coconut Dhal (VG)	Quorn Mince Lasagne
FISH MEAL	Fish Finger Wrap	Creamy Salmon with chunky ratatouille	White Fish Chowder	Thai Fish Curry	Fish & Wedges
Without Wheat Range (Wheat & Gluten Free)	Served From the Sandwich and Salad Counter	Served From the Sandwich and Salad Counter	Served From the Sandwich and Salad Counter	Served From the Sandwich and Salad Counter	Served From the Sandwich and Salad Counter
VEGETABLE SIDE DISH 1	Peas & Broccoli (VG)	Broccoli & Cauliflower (VG)	Cauliflower & Broccoli Cheese. Peas (VG)	Bombay Potato. Curried carrots (VG) Spring Rolls & Veggie Samosa (V)	Peas, sweetcorn & Shirley's tomato beans (VG)
CARBOHYDRATE S CHOICE	Spiced Sweet Potatoes Wedges (VG)	Paprika Spiced Potatoes (VG)	Roast Potatoes (VG)	Rice, Naan Bread (VG)	Seasoned Potato Wedges (VG)
Soup of the Day	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options
DESSERT	MUFFIN MODAY. Chocolate (V)	TART TUESDAY. Lemon(V)	CUSTARD WEDNESDAY. Jam & Coconut Sponge (V)	SPONGE THURSDAY. Apple (V)	CUP CAKE FRIDAY. Vanilla (VG)

98% of our meals & snacks are prepared daily using fresh ingredients from local suppliers. All our meat comes from a local butcher and all have full traceability. We try to offer Organic produce where possible using eggs and cows milk.

At our school garden, the students produce a variety of fruit and vegetables, where possible the school kitchen use these ingredients within the school menu.

If you suffer with an allergy or a food intolerance please check out our labelled goods for advice or ask to see the recipe card for a full allergy breakdown.

We sell a range of dairy, wheat and gluten free meals and snacks. (Available daily at breakfast, break & lunch)

If you would like to receive more information regarding school dining please email frost@shirley.croydon.sch.uk