



## V= Vegetarian VG= Vegan H= Halal Meat

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT FOOD COUNTER</b>	Traditional Dinners Monday	Chefs Special Tuesday	Roast Wednesday	Curry Thursday	Fish Friday
<b>MEAT MEAL</b>	Pot roast bombay chicken (H)	Pork Cassoult (Pork with beans)	Roasted Chicken with apples & Roast Potatoes (H)	Spiced Koftas with honey & chickpeas	Lamb Moussaka
<b>VEGETARIAN MEAL</b>	Vegan Shepherd's Pie (VG)	Veggie Chilli with rice (VG)	Tomato & basil gnocchi bake (V)	Squash curry & chickpeas with rice (VG)	Cheese & potato pie (V)
<b>FISH MEAL</b>	Smoked White Fish Stew	Jerk Fish with rice & peas	Fish cakes	Sustainable fish & tomato curry	Fish & Sweet Potato Fries
<b>Without Wheat Range (Wheat &amp; Gluten Free)</b>	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter
<b>VEGETABLE SIDE DISH 1</b>	Peas, Baton Carrots & Shirley's tomato Beans (VG)	Sweetcorn, green beans & Beans (VG)	carrots, peas & Beans (VG)	Spiced green beans (VG), Spring Rolls & Veggie Samosas (V)	Peas, sweetcorn & Shirley's Tomato Beans (VG)
<b>CARBOHYDRATE S CHOICE</b>	Mashed potato & roast potatoes	Sweet Potato Fries (baked not fried) & rice	Sweet Potato Fries (baked not Fried) Roast Potato	Sweet Potato Fries (baked not Fried) Rice	Potatoe wedges (baked not Fried)
<b>Soup of the Day</b>	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
<b>Dessert</b>	<b>MUFFIN MONDAY.</b> Blueberry (V)	<b>TART TUESDAY.</b> Mixed Fruit (V)	<b>CUSTARD WEDNESDAY.</b> Sticky Toffee Pudding (Dates)(V)	<b>SPONGE THURSDAY.</b> Mixed Fruit (V)	<b>CUP CAKE FRIDAY.</b> Mixed Flavours (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 daily.

At our school garden, the students produce a variety of fruit and vegetables, where possible the school kitchen use the ingredients within the 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](mailto:frost@shirley.croydon.sch.uk)