



SHIRLEY HIGH MENU SUMMER TERM WEEK 1

V= Vegetarian VG= Vegan H= Halal Meat

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT FOOD COUNTER	Traditional Dinners Monday	Chefs Special Tuesday	Roast Wednesday	Curry Thursday	Fish Friday
MEAT MEAL	Chicken Fajitas (H)	Chicken & Chorizo tray bake	Roast Chicken Leg (H)	Lamb Biryani with a Mild Veggie Curry Sauce	Piri-piri Chicken with Spicy Rice (H)
VEGETARIAN MEAL	Veggie Noodles (V)	Pea & Feta Quiche (V)	five a day Veggie lasagne (V)	Veggie Samosas & Spring Rolls. Mango Chutney, Mint Sauce & Onion Sauce	Veggie Stuffed Sweet Potatoes (V)
FISH MEAL	Trout Fillet with lemon & Herb Butter	Prawn Noodles with Sweet Chilli Sauce	Fish Finger Wrap	Thai Fish Curry	Fish & Wedges
Jacket Potatoes	filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise
VEGETABLE SIDE DISH 1 & 2	Parsley Baton Carrots & Peas (VG)	Warm lemony Courgette Salad & Broccoli (VG)	Green Beans & Roasted Meditarian Veggies (VG)	Mushroom Bhaji & Cauliflower Bhaji (VG)	Sweetcorn & Peas (VG)
CARBOHYDRATES CHOICE	Spiced Sweet Potatoes Wedges (VG)	Curry Spiced Potatoes (VG)	Roast Potatoes (VG)	Rice, Naan Bread (VG)	Seasoned Potato Wedges (VG)
Soup of the Day	Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice
DESSERT	Chocolate Cake with ice Cream	Summer Fruit Salad (VG)	Gooseberry Fool	Mango Sorbet	Fruit Sponge & Custard

SHIRLEY HIGH MENU SPRING TERM WEEK 2

V =Vegetarian VG=Vegan H=Halal Meat

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT FOOD COUNTER	Traditional Dinners Monday	Chefs Special Tuesday	Roast Wednesday	Curry Thursday	Fish Friday
MEAT MEAL	Sausage with Summer Mash Pie	Beef Lasagne	Summer Pork & Potatoes	Chicken Curry & Rice (H)	Summer Chicken One-Pot (H)
VEGETARIAN MEAL	Smoky Rice wuth Fried Plantain (VG)	Smoky Aubergine Tagine (VG)	Veggie Noodles (V)	Spinach, Sweet Potato & Lentil Dhal (VG)	Quorn & Avocado Wraps (VG)
FISH MEAL	Tuna, Sweetcorn & Basil Pasta Bake	Spring Fish pie	Fish Finger Wrap	Red Spiced Fish	Fish & Wedges
JACKET POTATOES	filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise
VEGETABLE SIDE DISH 1 & 2	Warm Courgette Salad & Peas (VG)	Roasted Vegetables & garlicky Spinach & Red Onion (VG)	Roast Summer Vegetables & Chickpeas. Parsley Carrots (VG)	Aubergine Bhaji. Sagg Aloo (VG)	Apple & Red Onion Slaw. Peas
CARBOHYDRATES CHOICE	Mashed Potato	Dauphinoise Potatoes	Roast Potatoes (VG)	Naan Bread & Rice (VG)	Sweet Poato Tex-Mex Salad (VG)
Soup	Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice
DESSERT	Courgette & Lime Muffin	Teacle Tart & Ice cream	Red Berrie Compote	Lemon Tart	Chocolate Sponge with Chocolate Icing



SHIRLEY HIGH MENU SPRING TERM WEEK 3

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT FOOD COUNTER	Traditional Dinners Monday	Chefs Special Tuesday	Roast Wednesday	Curry Thursday	Fish Friday
MEAT MEAL	Lamb & Apricot Tagine	Jerk Chicken with Rice & Peas (H)	Roast Beef with Yorkshire Puddings	Chicken Stew Mauritian Style (H)	Turkey Meatloaf
VEGETARIAN MEAL	Cheese & Pickle Picnic Quiche (V)	Portobello Mushroom & Pesto Burger with a Dijon Mayonnaise	Veggie Tahini Lentils (VG)	Sweet Potato & Coconut Curry (VG)	Crispy Sweet Potatoes with Chickpeas & Tahini
FISH MEAL	Makerel & Leek Pasta Bake	Asian Salmon & Sweet Potato Tray Bake	Fish Finger Wrap	Spiced White Fish Fillet	Fish & Wedges
JACKET POTATOES	With a choice of filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	With a choice of filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	With a choice of filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	With a choice of filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise	With a choice of filling: Cheese, Beans, Coleslaw & Tuna Mayonnaise
VEGETABLE SIDE DISH 2	English Summer Salad. French Beans (VG)	Red Onion Slaw. Sweetcorn (V)	Green Beans. Cauliflower & Broccoli cheese (V)	Chana Bhaji (Chickpeas). Mushroom Bhaji (VG)	Sweetcorn. Peas (VG)
CARBOHYDRATES CHOICE	Butterbean & Tomato Salad (VG)	Crispy layered Potato (v)	Roast Potatoes (VG)	Naan Bread & Rice (VG)	Potato Wedges (VG)
Soup	Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice
DESSERT	Chocolate Beet Muffin	Summer Berry Panna Cotta	English Trifle	Cherry Pie & Ice Cream	Iced lemon Sponge