



## 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>	Chipotle Pork Chops	Chicken Parm Caserole (H)	Summer Roasted Chicken Tray Bake (H)	Spiced Koftas with Honey Chickpeas & Figs	Chicken Quesadilla (H)
<b>VEGETARIAN MEAL</b>	Feta & peach Cous Cous (V)	Ratatouilli Puffs (V)	Spicy Broccoli & Mushroom Noodles (V)	Indian Chickpeas (VG)	Cheese Flan (V)
<b>FISH MEAL</b>	Smoked Haddock with Crème Fraiche & Chives (V)	Herby seasonal Fillet of Fish (V)	Baked White Fish & Tomatoes (V)	Kerelan Fish Curry (V)	Fish & Wedges
<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	Sweetcorn & Green Beans	Baton Carrots & Peas	Spiced green beans (VG), Spring Rolls & Veggie Samosas (V)	Peas & Sweetcorn
<b>CARBOHYDRATE S CHOICE</b>	Baked Sweet Potato Wedges (VG)	Baked Sweet Potato Wedges (VG)	Roast Potatoes (VG)	Baked Sweet Potato Wedges & Rice (VG)	Seasoned Potato Wedges (VG) Potato Skins
<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> Lemon & Poppy seed (V)	<b>TART TUESDAY.</b> Mixed Fruit (V)	<b>JELLY WEDNESDAY.</b> Jelly/Fruit(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)