

GARTREE HIGH SCHOOL

WEEK TWO

LUNCH MENU SPRING/SUMMER 2020/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Lamb Kofta Pitta With Pickled Cabbage, & Cucumber Raita (Contains Gluten,Sulphites)	Chineses Chicken, Onion And Mushroom Curry	Chicken & Root Vegetable Pie (Contains Gluten,Egg)	Minted Lamb Burger with Shallot Relish (Buns Contain Gluten)	Oven Baked Battered Fish With Burnt Lemon (Contains Gluten)
VEGETARIAN COURSE	Spicy Quorn, Black Bean & Roasted Vegetable Burrito with Guacamole (Contains Gluten)	Sweet & Sour Vegetable Stir-fry	Lenti, Carrot & Sweet Potato Cottage Pie	Oven Roasted Halloumi Burger with Ribboned Carrot & Sweet chilli Sauce(G,D)	Vegetable Tikka Masala with Pilau Rice
SIDES	-Cajun Spiced Fries -Corn On the Cob -Shredded Salad	-Bean Sprout Chow Mein(GE) -Green Bean & Carrots with Garlic & Five Spice -Vegetable Spring Rolls(G)	-Herbed Roasted Potatoes -Broccoli & Cauliflower -Smoked Paprika Wedges	-Loaded Cheese & Onion Potatoes Skins -Roasted Chunky Carrots -Glazed Courgette	-Herbed Salted Chips -Peas -Baked Beans
SNACKS	-Hot panini/Ciabatta(G,E,D) -Pasta king of the day (G) -Jacket Potato Bar Selection of hot & cold fillings -sandwiches ,rolls & wraps(G)	-Hot panini/Ciabatta(G,E,D) -Pasta king of the day(G) -Jacket Potato Bar Selection of hot & cold fillings -sandwiches, rolls & wraps(G)	-Hot panini/Ciabatta(G,E,D) -Pasta king of the day(G) -Jacket Potato Bar Selection of hot & cold fillings -sandwiches, rolls & wraps(G)	-Hot panini/Ciabatta(G,E,D) -Pasta king of the day -Jacket Potato Bar Selection of hot & cold fillings -sandwiches, rolls & wraps(G)	-Hot panini/Ciabatta(G,E,D) -Pasta king of the day -Jacket Potato Bar Selection of hot & cold fillings -sandwiches, rolls & wraps(G)
HOT DESSERT	Upside Down Pineapple Cake Vanilla Cream (Contains G,E,D)	Lemon Shortbread Slice (Contains Gluten)	Baked Cheesecake With Strawberry Topping (Contains G,E,D)	Cookie Pie & Squirty Cream (Contains G,E,D)	Jam & Coconut Sponge (Contains G,E,D)
COLD DESSERTS	Fresh fruit salad Jelly Cheesecake/Trifle Homemade biscuit or cake	Fresh fruit salad Jelly Cheesecake/ Trifle Homemade biscuit or cake	Fresh fruit salad Jelly Cheesecake/ Trifle Homemade biscuit or cake	Fresh fruit salad Jelly Cheesecake/ Trifle Homemade biscuit or cake	Fresh fruit salad Jelly Cheesecake/ Trifle Homemade biscuit or cake

