



KING EDWARD VI
HIGH SCHOOL FOR GIRLS



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato & Basil	Lentil & Red Onion	Roasted Parsnip	Minestrone	Winter Vegetable
Meaty Mains	Beef Bolognese Pasta Bake	Minted Lamb Stew	Roast Chicken with Sage & Onion Stuffing	Beef Cottage Pie	Chicken Zinger Burger on a Seeded Bun
Mains	Chef Gina's Coca Cola Chicken	Salmon Fishcakes, Chive Cream - F	Vegetable Chow Mein - V	Vegetable Lasagne - V	Crispy Battered Cod with Curry Sauce - F
Veggie Mains	Vegetable Spring Roll with Sweet & Sour Sauce - V	Cheese & Tomato Pizza - V	Vegetable Frittata - V	Vegetable Tikka Masala with Rice - V	Breaded Halloumi with a Sweet Chilli & Pepper Salsa - V
Salads	Range of fresh salads served daily				
Jackets & Pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Savoury Rice Mixed Vegetables Broccoli	Potato wedges Vegetable Medley Sweetcorn & Pea's	Roasted Potato carrots Green Beans	Herby New Potatoes Roasted Root Vegetables Broccoli & Cauliflower	Chips Peas Baked Beans
Hot Sweets	Apple, Cinnamon & Oats Crumble	Salted Caramel Sponge	Chocolate Bread & Butter Pudding	Syrup Steamed Sponge	Chocolate Crunch