



KING EDWARD VI
HIGH SCHOOL FOR GIRLS



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato & Roast Pepper	Broccoli & Stilton	Carrot & Coriander	Tuscan Bean & Pepper	Vegetable
Meaty Mains	Cajun Chicken Breast & Spicy Salsa	Lamb Kofta with Pitta Bread & Shredded salad	Sticky BBQ Chicken Leg	Beef Stroganoff	Chicken Zinger Burger on a Seeded Bun
Mains	Cheese & Onion Pasty - V	Baked Salmon with a Tomato & Chive Cream - F	Vegetable Jalfrezi with Kashmiri Rice - V	Roasted Pepper & Goats Cheese Quiche - V	Crispy Breaded Cod with Tartar Sauce - F
Veggie Mains	Creamy Mushroom & Tarragon Pasta - V	Cheese & Tomato Pizza - V	Mediterranean Stuffed Mushroom - V	Moroccan Spiced Sweet Potato & Chick Pea Tagine - V	Cheese & Bean Melt -V
Salads	Range of fresh salads served daily				
Jackets & Pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Savoury Rice Garlic, Chilli & Broccoli Peas & Sweetcorn	Crispy Potatoes Whole Green Beans Roasted Carrots in Cumin	Herby Crushed Potatoes Corn on the Cob Braised Sweetheart Cabbage	Herby Rice & Cracked Bulgar Wheat Mixed Vegetable Broccoli	Chips Peas Baked Beans
Hot Sweets	Apple Crumble	Salted Caramel Sponge	Chocolate Brownie	Chocolate & Orange Sponge	Chocolate Crunch