



KING EDWARD VI
HIGH SCHOOL FOR GIRLS



Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato	Chilli Noodle Broth	Cauliflower	Roast Pumpkin	Vegetable
Meaty Mains	Jerk Chicken	Meat Feast Pizza	Chicken Fajitas	Beef & Vegetable Pie	Cheese Burger on a Seeded Bun
Mains	Mushroom Risotto - V	Thai Fishcakes with a Sweet Chilli Salsa - F	Homity Pie - V	Spinach & Ricotta Lasagne - V	Crispy Battered Cod with Tartar Sauce - F
Veggie Mains	Vegetable Filo Bake - V	Cheese Omelette - V	Vegetable Fajita's - V	Vegetable Biryani - V	Quorn & Five Bean Chilli Nachos - V
Salads	Range of fresh salads served daily				
Jackets & Pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Rice & Peas Broccoli & Courgette Sweetcorn	Curly Fries Ratatouille Green Beans	Mexican Rice Mixed vegetables Mediterranean Vegetables	Herby roasted New Potato Buttered Carrots Green Cabbage	Chips Peas Baked Beans
Hot Sweets	Pear & Apple Crumble	Mint Chocolate Sponge	Apple & Blackberry Pie	Marble Cake	Chocolate Crunch with Chocolate Sauce