

# OVERVIEW



**KING EDWARD VI**  
HIGH SCHOOL FOR GIRLS



## WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato & Roast Pepper	Broccoli & Stilton	Carrot & Coriander	Tuscan Bean Soup	Vegetable
Mains	Cajun Chicken Breast & Spicy Salsa	Minted Lamb Stew	Sticky BBQ Chicken Leg	Chinese Chicken Curry	Chicken Zinger Burger
Mains	Macaroni Cheese	Baked Cod with Tomato and Chive Cream	Vegetable Jalfrezi with Kashmiri Rice	Roasted Pepper & Goats Cheese Quiche	Crispy Breaded Cod with Tartar Sauce
Veggie Mains	Mushroom Stroganoff	Cheese and Tomato Pizza	Mediterranean Stuffed mushroom	Quorn Spaghetti Bolognese	Cheese Tomato and Basil Calzone
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	Potato Wedges Whole Green Beans Cumin Roasted Carrots	Herby Crushed Potatoes Corn on The Cob Braised Sweetheart Cabbage	Egg Fried Rice Mixed Vegetables Broccoli	Chips Peas Baked Beans
Hot Sweets	Apple & Winter Berry Crumble	Caramel Sponge	Chocolate Brownie	Sticky Toffee Pudding	Chocolate Crunch