

# OVERVIEW



**KING EDWARD VI**  
HIGH SCHOOL FOR GIRLS



**WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato	Chilli Noodle Broth	Cauliflower	Curried Parsnip	Mixed Vegetable Soup
Meaty Mains	Chicken Madras	BBQ Chicken Pizza	Chicken Fajitas	Beef & Vegetable Pie	Hot & Kicking Chicken Burger
Mains	Tomato Risotto - <b>v</b>	Thai Fishcakes & Sweet Chilli Salsa - <b>F</b>	Pasta Arrabiatta - <b>v</b>	Vegetable Biryani - <b>v</b>	Crispy Battered Cod with Tartar Sauce - <b>F</b>
Veggie Mains	Vegetable Filo Bake - <b>v</b>	Chick pea and mixed Bean Tagine - <b>v</b>	Vegetable Fajitas - <b>v</b>	Vegetable Lasagne - <b>v</b>	Crispy Brie with Warm Tomato Chutney - <b>v</b>
Salads	Range of fresh salads served daily				
Jackets & Pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Pilau Rice Broccoli & Courgettes Sweetcorn	Curly Fries Ratatouille Green Beans	Mexican Rice Mixed Vegetables Mediterranean Vegetables	Herby Roasted New Potatoes Buttered Carrots Green Cabbage	Chips Peas Baked Beans
Hot Sweets	Apple & Peach Crumble	Red Velvet Marble Sponge	Lemon Bakewell Tart	Jam Sponge	Chocolate Crunch