

Highcliffe Primary School Menu – September 15

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
'HOT CHOICE 1'	Savoury Mince Beef & Fluffy Dumpling with Mashed Potatoes	Home-made Chicken & Vegetable Pie with New Potatoes	Cheesy topped Cottage Pie	Roast Ham & Pineapple	Baked Fish in Vinegar Infused Batter
'HOT CHOICE 2'	✓ Roast Vegetable Lasagne with Garlic Bread	Crispy Salmon Fish Fingers, Ketchup and New Potatoes	Chicken, Tomato & Spinach Pasta Bake	✓ Veggie Sausages	✓ Home-made Cheese & Tomato Plait
'ALTERNATIVE CHOICE'	Mediterranean Chicken topped Jacket Potato	✓ Macaroni Cheese	✓ Wholegrain Vegetable Risotto	✓ Cheese & Mushroom Pizza with Baked Beans	Cajun Spiced Chicken & Salad Pitta
'VEGETABLES & SIDES'	Glazed Carrots Green Beans	Sweet corn Kernels Cauliflower	Diced Swede Broccoli	Sweet Potato Wedges Sliced Carrots Spring Cabbage	Chipped Potatoes Caesar Salad Garden Peas
'DESSERT'	Chocolate & Beetroot Cake with Chocolate Sauce Fruit Yoghurt	Fresh Fruit Salad Ginger Crunch Biscuit	Old Fashioned Bread & Butter Pudding with Custard Fresh Fruit Platter	Fruit Yoghurt Oat Cookie	Toffee Apple & Sultana Crumble & Custard Fresh Fruit Salad

ALSO AVAILABLE DAILY

Jacket Potatoes, Salad Bar, Sliced Bread or Bread Rolls, Fresh Fruit, Yoghurts, Water and Sugar Free Squash

FOOD ALLERGIES AND INTOLERANCES - Before choosing your meal, please speak to a member of the catering staff about your requirements



Sowing the Seeds in our Kitchen Garden

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
'HOT CHOICE 1'	Mild Chinese Style Chicken Curry with Turmeric Rice	Home-made Mince Beef & Vegetable Pie with Roast Potatoes	Traditional Pork Casserole with Mashed Potatoes	Roast Turkey & Yorkshire Pudding with Parsley Potatoes	Salmon & Cod Fish Cakes or Oven Baked Fish in Batter with Ketchup
'HOT CHOICE 2'	Whole Wheat Pasta Twists with Meatball Sauce & Garlic Bread	✓ Veggie Shepherd's Pie	BBQ Chicken Pizza or ✓ Cheese & Tomato Pizza Swirl served with Baked Beans	Mexican Beef Chilli with 50/50 Rice	Minced Pork Sausage Roll
'ALTERNATIVE CHOICE'	✓ Five Bean Salsa topped Jacket Potato	Sweet Chilli Chicken & Salad Fajita with Roast Potatoes	Tuna Mayonnaise Jacket Potato	✓ Veggie Mince Bolognese Pasta Bake	✓ Mushroom Omelette
'VEGETABLES & SIDES'	Glazed Carrots Broccoli	Green Beans Cauliflower	Savoy Cabbage Sweet corn kernels	Mashed Swede Sliced Carrots	Chipped Potatoes Coleslaw Salad Baked Beans
'DESSERT'	Lemon & Lime Courgette Drizzle Cake with Custard Fresh Fruit Salad	Rainbow Fruit Jelly & Ice Cream Fruit Yoghurt	Fresh Fruit Salad Shortbread Finger	Mandarin & Chocolate Sponge & Chocolate Sauce Fruit Yoghurt	Fruit topped Meringue Nests with Whipped Cream Fresh Fruit Platter
<p>ALSO AVAILABLE DAILY Jacket Potatoes, Salad Bar, Sliced Bread or Bread Rolls, Fresh Fruit, Yoghurts, Water and Sugar Free Squash FOOD ALLERGIES AND INTOLERANCES - Before choosing your meal, please speak to a member of the catering staff about your requirements</p>					



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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
'HOT CHOICE 1'	Baked Sausages with Gravy	Home-made Turkey & Ham Pie with Herby Potatoes	Chicken Casserole with Mashed Potato	Roast Beef & Yorkshire pudding with Roast Potatoes	Baked Fish in Batter with Lemon
'HOT CHOICE 2'	Peri Peri stir fried Salmon & Vegetables	✓ Whole Wheat Pasta Neapolitan (spicy tomato sauce) & Garlic Bread	✓ Tomato & Mozzarella Pizza with Baked Beans	✓ Pomodora Pasta King	✓ Cheese & Red Onion Quiche
'ALTERNATIVE CHOICE'	✓ Baked Stuffed Peppers	Sweet 'n' Sour Chicken topped Jacket Potato	✓ Stir fried Rice with Oriental Vegetables & Mushrooms	✓ Cheesy Bean Jacket Potato	Ham Salad Wrap
'VEGETABLES & SIDES'	New Potatoes Roast Vegetables Sweet corn Kernels	Baton Carrots Spring Cabbage	Diced Swede Broccoli	Sliced Carrots Cauliflower	Chipped Potatoes Mushy Peas Garden Salad
'DESSERT'	Pear & Ginger Up-Side-Down Sponge with Custard Fruit Yoghurt	Fresh Fruit Salad Melting Moment Biscuit	Iced Chocolate Marble Cake with Custard Fruit Yoghurt	Fresh Fruit Platter Rhubarb Oaty Crumble & Custard	Arctic Roll Fresh Fruit Salad

ALSO AVAILABLE DAILY

Jacket Potatoes, Salad Bar, Sliced Bread or Bread Rolls, Fresh Fruit, Yoghurts, Water and Sugar Free Squash

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