

| Senior School Menu<br>week commencing<br>13 January 2020 | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|---|
| <b>Soup (vegetarian)</b>                                 | Soup Of The Day  | Soup Of The Day   | Soup Of The Day   | Soup Of The Day   | Soup Of The Day   |
| <b>Meat</b>  | <b>Beef Lasagne</b><br>Layers of British minced beef, tomato sauce, cheese and pasta | <b>Chicken Balti</b><br>Birmingham's famous curry served with fragrant rice                       | <b>Cantonese Style Sweet &amp; Sour Chicken</b><br>Battered chicken pieces in a sweet & tangy sauce with vegetables | <b>Roasted Beef</b><br>With Yorkshire pudding and roasted vegetables                      | <b>Chicken &amp; Vegetable Pie</b><br>Chicken and vegetables in a rich gravy with a puff pastry lid |
| <b>Meat</b>  | <b>Paprika Chicken</b><br>Diced Chicken with chorizo, roasted peppers & potatoes     | <b>Jerk Chicken</b><br>Jerk seasoned chicken traditionally served with rice & peas                | <b>Mushroom fried rice</b><br>Wild mushrooms and fried vegetables with rice   | <b>Roasted Chicken</b><br>with seasoning  | <b>Freshly Battered Cod</b><br>Cod Loin in a Crisp Bubbly Batter                                    |
| <b>Vegan</b>   | <b>Chipotle, Kale and Mixed Bean Stew</b><br>Spiced hearty stew                      | <b>Chickpea and Butter Bean Korma with a Creamy Coconut Sauce</b>                                 | <b>Sweet chilli Noodles</b><br>Rice noodles dressed with a sweet chilli sauce and stir-fried vegetables             | <b>Three Bean Vegetable Chilli</b><br>Mixed beans and vegetables in a subtle spiced sauce | <b>Thai Red Curry Vegetables</b><br>Mixed peppers and squash vegetables in a coconut cream sauce    |
| <b>Vegetarian</b>  | <b>Mushroom and Soft Cheese Pasta with Fresh Herbs</b>                               | <b>Halloumi Fajitas</b><br>Strips of halloumi with peppers and onions served with a tortilla wrap | <b>Tempura Vegetables</b><br>Oriental vegetables in a light bubbly batter   | <b>Cheese and onion Pasty</b><br>Cheddar cheese and onion wrapped in filo pastry          | <b>Mediterranean Pasta</b><br>Fusilli Pasta dressed with Mediterranean vegetables                   |
| <b>Halal Option (stunned)</b>                            | <b>Paprika Chicken</b><br>Diced chicken, roasted peppers & potatoes                  | <b>Jerk Chicken</b><br>Jerk seasoned chicken traditionally served with rice & peas                | <b>Cantonese Style Sweet &amp; Sour Chicken</b><br>Battered chicken pieces in a sweet & tangy sauce with vegetables | <b>Roasted Chicken</b><br>with seasoning  | <b>Halal Chicken Pie</b><br>Chicken and vegetables in a rich gravy with a puff pastry lid           |
| <b>Accompaniment</b>                                     | New Potatoes<br>Garlic Bread<br>Mixed Vegetables<br>Mixed salad                      | New Potatoes<br>Basmati Rice<br>Mixed Vegetables<br>Mixed Salad                                   | New Potatoes<br>Fried Rice<br>Mixed Vegetables<br>Mixed Salad   | Roasted Potatoes<br>Mixed Vegetables<br>Mixed Salad                                       | Crushed Potatoes<br>Mixed Vegetables<br>Mixed Salad   |
| <b>Desserts</b>  | Hot and cold desserts always available and change daily                              | Hot and cold desserts always available and change daily   | Hot and cold desserts always available and change daily   | Hot and cold desserts always available and change daily                                   | Hot and cold desserts always available and change daily   |