STOWUPLAND HIGH SCHOOL

LUNCH MENU — WEEK 1

WEEK COMMENCING 2 Nov · 23 Nov · 14 Dec · 18 Jan · 8 Feb · 8 Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Sausage & mash	Mac n cheese	Cottage pie	Roast of the day	Chip shop day
VEGETARIAN	Vegan sausage & mash	Tomato pasta	Quorn cottage pie	Vegetarian roast	Vegetarian chip shop day
SIDES	Seasonal vegetables · salad	Garlic bread · coleslaw · seasonal vegetables · salad	Seasonal vegetables · salad	Yorkshire pudding · stuffing · seasonal vegetables	Baked beans · curry sauce · salad
STREET FOOD	Mushroom stroganoff & rice	Roasted vegetable wholemeal pitta & sweet potato fries	Chicken shawarma wrap with garlic sauce	Sweet & sour vegetables, noodles & rice with spring roll	Chips
PUDDING	Carrot cake · fruit	Rocky road · fruit	Chocolate school cake · fruit	Sticky toffee pudding & custard · fruit	Selection of desserts · fruit

Ask the catering team about ingredients and allergen information.

STOWUPLAND HIGH SCHOOL

LUNCH MENU — WEEK 2

WEEK COMMENCING 9 Nov · 30 Nov · 4 Jan · 25 Jan · 22 Feb · 15 Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Pork meatballs in Mediterranean sauce	Carbonara pasta	Creamy chicken pie	Roast of the day	Chip shop day
VEGETARIAN	Quorn meatballs in Mediterranean sauce	Tomato pasta	Quorn pie	Vegetarian roast	Vegetarian chip shop day
SIDES	Spicy wedges or whole wheat pasta	Garlic bread · coleslaw · seasonal vegetables · salad	Mashed potato · seasonal vegetables · salad	Yorkshire pudding · stuffing · seasonal vegetables	Baked beans · curry sauce · salad
STREET FOOD	Katsu curry & rice	Fish finger bap & curly fries	Basil pesto & mozzarella ciabatta with lentil chips	Mexican bean wrap with savoury rice	Chips
PUDDING	Marble cake & custard · fruit	School cake · fruit	Fruit flapjack · fruit	Chocolate sponge & custard · fruit	Tray bakes · doughnuts · fruit

Ask the catering team about ingredients and allergen information.

STOWUPLAND HIGH SCHOOL

LUNCH MENU — WEEK 3

WEEK COMMENCING 16 Nov · 7 Dec · 11 Jan · 1 Feb · 1 Mar · 22 Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Tomato & pepperoni pasta bake	Hunters chicken	Lasagne	Roast of the day	Chip shop day
VEGETARIAN	Tomato & basil pasta bake	Quorn in BBQ sauce	Vegetable lasagne	Vegetarian roast	Vegetarian chip shop day
SIDES	Garlic bread · coleslaw · seasonal vegetables · salad	Potato wedges · seasonal vegetables · salad	Garlic bread · coleslaw · seasonal vegetables · salad	Stuffing · Yorkshire pudding · seasonal vegetables	Baked beans · curry sauce · salad
STREET FOOD	Mushroom risotto with herby bread	Cheese burger in a bun	Tandoori pitta pocket	Sweet potato & chickpea curry	Chips
PUDDING	Chocolate brownie · fruit	Strawberry crumble & custard · fruit	Lemon meringue sponge · fruit	Oaty fruit slice & custard · fruit	Tray bakes · doughnuts · fruit

Ask the catering team about ingredients and allergen information.