

Birchwood High School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	SOUP	SOUP	SOUP	SOUP
Tomato and Red Pepper	Leek and Potato	Highland vegetable	Country Chicken and vegetable	Minestrone
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Beef lasagna with parsley new potatoes & garden peas	Pork sausage with mashed potato, onion gravy with mixed sweetcorn & carrots	Thai red beef curry with steamed rice and buttered green beans	Honey roasted gammon served with yorkshire pudding, roast potatoes, braised red cabbage and carrots	Homemade beef burger in a brioche bun served with oven chips, peas or beans
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Creamy macaroni cheese and grilled garlic bread with ratatouille	Keema vegetable curry with braised rice and naan bread	Vegetable Quorn arrabiata taco with little gem salad and sour cream	Tortellini formaggio, herbs & tomato with garlic bread	vegetarian hot dog in a brioche bun served with oven chips, peas or beans
HOT JACKET FILLING	HOT JACKET FILLING	HOT JACKET FILLING	HOT JACKET FILLING	HOT JACKET FILLING
Jacket potato bar: Fresh baked jacket potato served with either baked beans, cheese, tuna or coleslaw	Jacket potato bar: Fresh baked jacket potato served with either baked beans, cheese, tuna or coleslaw	Jacket potato bar: Fresh baked jacket potato served with either baked beans, cheese, tuna or coleslaw	Jacket potato bar: Fresh baked jacket potato served with either baked beans, cheese, tuna or coleslaw	Jacket potato bar: Fresh baked jacket potato served with either baked beans, cheese, tuna or coleslaw

We understand that food allergies can present a serious concern for some of our students. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.
*Menu may be subject to change

Birchwood High School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	SOUP	SOUP	SOUP	SOUP
Mushroom & Tarragon	Roasted Carrot & Apple	Chicken & Watercress	Sweetcorn Chowder	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Lancashire beef hot pot served with sweetcorn & courgette provencal	Chicken & mushroom pie with a puff pastry lid with mashed potato, garden peas & carrots	Fisherman's pie with parsley mash topping served with steamed carrots & broccoli	Roast beef & gravy served with yorkshire pudding, roast potatoes, green beans and roasted squash	Stone baked pepperoni pizza served with oven chips, peas or baked beans
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Sticky Quorn sausages with coriander rice, sweetcorn & courgette provencal	Winter vegetable lasagne with garlic bread and garden peas & carrots	Chick pea and squash Rogan josh with braised rice and garlic & coriander naan bread	Moroccan cous cous stuffed red pepper topped with goats cheese served with green beans & roasted squash	Stone baked margherita pizza served with oven chips, peas or baked beans
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Week commencing 19 November 2018

Birchwood High School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	SOUP	SOUP	SOUP	SOUP
Parsnip & Honey	Tomato & Pesto	Potato, Rocket & Watercress	Leek and Potato	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Toad in the hole with onion gravy, mashed potato and garden peas & steamed carrots	Chicken tikka masala with rice, saag aloo and naan bread, green beans	Cottage pie topped with cheesy crust mash potato served with broccoli florets and sweetcorn	Roast turkey & gravy served with yorkshire pudding, roast potatoes, honey roasted parsnips and braised red cabbage	Fish finger & tartar sauce bap served with oven chips, peas or beans
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Bean & pepper quesadilla topped with cheese sauce served with salsa	Sweet & sour Quorn with rice and green beans	Creamy macaroni cheese and grilled garlic bread, broccoli and sweetcorn	Mushroom & red pepper stroganoff with rice and vegetables	Grilled halloumi, beef tomato & little gem lettuce bap served with oven chips, peas or beans
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Week commencing 26 November 2018

Birchwood High School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	SOUP	SOUP	SOUP	SOUP
Tomato & Red Pepper	Butternut Squash	Cream of Vegetable	Chicken & Sweetcorn	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Chilli con carne served with taco chips & sour cream with chives and rice	Spaghetti bolognaise and parmesan cheese, served with garlic bread and peas	Hunters chicken served with dauphoise potato, garlic & herb flatbread and glazed carrots	Roast pork & gravy served with yorkshire pudding, roast potatoes, broccoli and creamed cabbage	Southern baked chicken with oven baked potato wedges and mini corn on the cob
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Spinach & ricotta cannellini with garlic bread, carrots and green beans	Sticky Quorn sausages with coriander rice, sweetcorn & courgette provencal	Pesto gnocchi with cherry tomato, garlic & herb flatbread and roasted vegetable	Goats cheese & sun blush tomato tart served with broccoli and new potatoes	Cheese & onion slice served with oven baked potato wedges and peas
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