

Week commencing 4 February 2019

# Birchwood High School Lunch

<u>MONDAY</u>	<u>TUESDAY</u> <u>Chinese New Year</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>
Leek & potato	Chicken noodle	Cream of tomato	French onion	Chef's choice
<b>MAIN COURSE</b>	<b>MAIN COURSE</b>	<b>MAIN COURSE</b>	<b>MAIN COURSE</b>	<b>MAIN COURSE</b>
Pork sausage with mashed potato, gravy, steamed sweetcorn and parsley carrots	Sweet 'n' Sour pork Hong Kong style with egg fried rice and stir fry vegetables	Beef lasagna with garlic bread, minted new potatoes with steamed peas and sweetcorn	Honey roasted gammon served with yorkshire pudding, roast potato, braised cauliflower cheese and carrots	Homemade beef burger in a brioche bun served with oven chips, peas or beans
<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>
Sweet pepper and vegetable goulash served with mashed potato, sweetcorn and parsley carrots	Large vegetable spring rolls with sweet chilli dipping sauce, egg fried rice and stir fry vegetables	Coconut and squash curry and rice served with saag aloo and naan bread	Moroccan cous cous stuffed red pepper topped with goats cheese served with cauliflower cheese and carrots	Carrot & spicy bean burger served with oven chips, peas or beans
<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>
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.

Week commencing 11 February 2019

# Birchwood High School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>
Cream of mushroom	Roasted carrot & apple	Chicken & watercress	Moroccan chickpea soup	Chef's choice
<b>MAIN COURSE</b>	<b>MAIN COURSE</b>	<b>MAIN COURSE</b>	<b>MAIN COURSE</b>	<b>MAIN COURSE</b>
Piri piri chicken & pepper quesadilla topped with cheese sauce served with rice and salsa	Chicken and mushroom pie with a puff pastry lid with mashed potato, garden peas and carrots	Gammon steaks with caramelised pineapple served with buttered new potatoes and broccoli	Roast beef and gravy served with yorkshire pudding, roast potato, green beans and steamed carrots	Stone baked pepperoni pizza served with oven chips, peas or baked beans
<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>
Sticky Quorn sausages with rice, sweetcorn and courgette provencal	Thai Quorn & vegetable noodles with garlic and cumin flatbread	Winter vegetable lasagne with garlic bread served with buttered new potatoes and broccoli	Pasta, mushroom and leek bake served with mozzarella garlic bread	Stone baked margherita pizza served with oven chips, peas or baked beans
<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>
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Week commencing 25 February 2019

# Birchwood High School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>
Tomato & red pepper	Butternut squash	Cream of vegetable	Chicken & sweetcorn	Chef's choice
<b>MAIN COURSE</b>	<b>MAIN COURSE</b>	<b>MAIN COURSE</b>	<b>MAIN COURSE</b>	<b>MAIN COURSE</b>
BBQ grilled chicken, sweet potato mash with carrots, green beans and garlic bread	Spaghetti bolognaise and parmesan cheese, served with garlic bread and sweetcorn and courgette provencal	Tender beef pie with a puff pastry top served with buttered new potatoes	Roast pork and 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
<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>	<b>VEGETARIAN COURSE</b>
Spinach and ricotta cannellini with garlic bread, carrots and green beans	Sticky Quorn sausages with coriander rice, sweetcorn and courgette provencal	Pesto gnocchi with cherry tomato, garlic and herb flatbread and roasted vegetables	Mexican bean, lentil and sweet potato chilli served with steamed rice and seasonal salad	Cheese & onion slice served with oven baked potato wedges and peas
<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>	<b>HOTJACKET FILLING</b>
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