

# Henley Bank High School

## Autumn/Winter Menu

### 2019/2020

**Week 1** | week commencing 2<sup>nd</sup> Sep, 23<sup>rd</sup> Sep, 14<sup>th</sup> Oct, 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 6<sup>th</sup> Jan, 27<sup>th</sup> Jan, 24<sup>th</sup> Feb, 16<sup>th</sup> Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Meatballs in a Spicy Tomato Sauce Served With Pasta & Garlic Bread	Chicken Korma served with Rice	Succulent Roast, Bbq chicken with roast potatoes and vegetables or Roast in a Bun!	Chilli con Carne served with Rice or Tortillas chips	Battered Fish, oven chips and Peas
Vegetable Frittata, Herb New Potatoes & Baked Beans	Vegetable Burger, Cajun Baked New Potatoes & Chef Choice Vegetables	Macaroni Cheese	Vegetable Chilli served with Rice or Tortillas Chips	Vegetarian Enchilada served with Chips
Apple Pie with Custard	Selection of cold desserts	Vanilla Sponge served with Chocolate Custard	Selection of cold desserts	Fruit Flapjack

**Week 2** | week commencing 9<sup>th</sup> Sep, 30<sup>th</sup> Sep, 21<sup>st</sup> Sep, 18<sup>th</sup> Sep, 9<sup>th</sup> Dec, 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 2<sup>nd</sup> Mar, 23<sup>rd</sup> Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger served with Potatoes Wedges & Sweetcorn	Sweet & Sour Pork served With Rice	Roast Turkey, Roast Potatoes & chef vegetable selection	Chicken & Sweetcorn Pie, New Potatoes & Carrots	Fish Fingers, Chips & Baked Beans
Veggie Hot Dog, Potato Wedges & Sweetcorn	Vegetable Korma Served with Rice (V)	Vegetable Burrito, Roast Potatoes & Chef Vegetable Selection	Vegetable & Noodle Stir Fry	Vegetable Roll, Chips & Baked Beans
Fruit Crumble & Custard	Selection of cold desserts	Apple Sponge & Fresh Cream	Selection of cold desserts	Strawberry shortbread

**Week 3** | week commencing 16<sup>th</sup> Sep, 7<sup>th</sup> Oct, 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 9<sup>th</sup> Mar, 30<sup>th</sup> Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Hot dog, Potato Wedges & Baked Beans	Pasta Bolognese served with Garlic Bread	Succulent Roast Gammon, with roast potatoes and vegetables or Roast in a Bun!	Pork Sausages, Mashed Potato and Baked Beans	Battered Fish, oven chips and Peas
Sweet & Sour Vegetables with Noodles	Vegetable Pasta Bake served with Garlic Bread	Winter Vegetable Pie, Roast Potatoes & Vegetables	Veggie Sausages, Mashed Potato & Baked Beans	Vegetable Nuggets, Oven Chips & Peas
Fruit Jam Sponge	Selection of cold desserts	Apple Crumble & Custard	Selection of cold desserts	Chocolate Cake

Catering provided by the Greenshaw Learning Trust – All meals are cooked fresh each day on site. Please contact the school office for more information or to discuss any dietary requirements. Nutritional/Allergen information is available for all food items, please ask a member of the catering team.