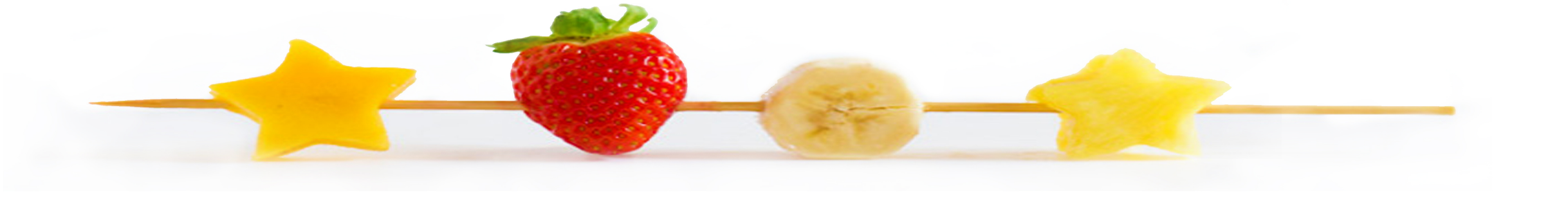
Nottingham Girls' High School Junior School Summer Week 3 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Stir Fry Beef stir fry packed full of fresh vegetables and served in an aromatic Asian style sauce and noodles	**Fish Cakes** White fish and potato cakes served with a parsley sauce	**Roast Beef** Roast beef & Yorkshire pudding and gravy	**Mixed Grill** Grilled gammon, sausage, bacon and a fresh tomato	**Battered Pollock** Tender cuts of pollock freshly battered in our Chef's recipe served with lemon wedge
Vegetable Curry A simple Indian Aloo Gobi curry with potatoes, cauliflower, masala sauce served with rice	**Spaghetti Bolognaise** Quorn bolognaise sauce served with pasta spaghetti	**3 Cheese Quiche** Pastry base filled with sauté leeks, Cheddar, Parmesan and mozzarella cheese and crème fraiche	**Vegetable & Bean Tortilla Stacks** vegetables and beans in a tomato sauce layered between tortilla bread with mozzarella cheese	**Vegetable & Quorn Chilli** A Quorn and vegetable chilli served with rice
Filled Baguette	**Curry Theme Bar**	**Filled Soft Roll**	**Pasta Theme Bar**	**Grilled Sausages** **Fish Fingers**
Salad Bar and Deli Bar	**Salad Bar and Deli Bar**	**Salad Bar and Deli Bar**	**Salad Bar and Deli Bar**	**Salad Bar and Deli Bar**
Jacket Potato & Baked Beans & Grated Cheese	**Jacket Potato & Baked Beans & Grated Cheese**	**Jacket Potato & Baked Beans & Grated Cheese**	**Jacket Potato & Baked Beans & Grated Cheese**	**Jacket Potato & Baked Beans & Grated Cheese**
French beans Broccoli florets	Sweet corn and garden peas Steamed baton carrots Sauté potatoes	Assorted spring vegetables Roast potatoes	Summer salad Corn on the cob Potato wedges	Mushy and Garden peas Baked beans Chipped potatoes
Strawberry & Rhubarb Crumble Rhubarb and strawberry crumble served with custard	**Cornflake Tart** Pastry topped with cornflakes and golden syrup served with custard	**Chocolate & Banana Cake** Banana and chocolate chip sponge served with chocolate sauce	**Raspberry & Apple Eves Pudding** Sliced apples and raspberries berries baked under a sponge and served with custard	**Blackcurrant Meringue** Meringue filled with whipped cream and blackcurrant fruits
Fresh fruit yoghurts Fresh fruit Assorted Sliced fruit Assorted cold sweets	Fresh fruit yoghurts Fresh fruit Assorted Sliced fruit Assorted cold sweets	Fresh fruit yoghurts Fresh fruit Assorted Sliced fruit Assorted cold sweets	Fresh fruit yoghurts Fresh fruit Assorted Sliced fruit Assorted cold sweets	Fresh fruit yoghurts Fresh fruit Assorted Sliced fruit Assorted cold sweets