

Nottingham Girls' High 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 Bolognese Quorn bolognese 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 Sauté vegetables and black-eyed beans in a tomato sauce layered between tortilla bread with mozzarella cheese	Vegetable & Quorn Chilli A classic chilli bursting with fresh vegetables, healthy Quorn and warmed up with fresh chillies
Filled Baguette	Curry Theme Bar	Thai Theme Bar	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 new potatoes	Assorted spring vegetables Roast potatoes	Crispy Summer salad Corn on the cob Crispy 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

