

## MONTGOMERY HIGH SCHOOL WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Chicken Korma Served with a Naan Bread	Spaghetti Bolognaise	Roast Gammon with Cauliflower Cheese, & Roast potatoes	Chicken Enchilada	Battered Fish & Chips
	Fish Finger Sandwich. Served in a Brioche Bun	Beef Burger		Cottage Pie	
VEGETARIAN	Thai Green Vegetable & Chick pea Curry	Vegetable Bean Burger	Macaroni Cheese	Spicy Vegetable Spring Roll	Tortilla wrap with special of the day filling
SIDES	Sautéed Potatoes	Red Coleslaw	Garlic Bread	Beggars Noodles	Mushy peas
	Carnival Rice	Paprika seasoned Wedges	Honey Roasted Carrots & Parsnips	Roasted Root Vegetables	Baked Beans
SPEEDY ITALIAN	Veggie Supreme Pizza (v)	Tuna & Sweetcorn Pizza	Ham Pizza	Bacon Pizza	Pepperoni Pizza
	Penne Pasta & Tomato Sauce(v)	Penne Pasta & Arriatatia Sauce (v)	Pasta & a Cheesy Sauce (v)	Pasta with a Bolognaise sauce	Herby Tomato Pasta (v)
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

## MONTGOMERY HIGH SCHOOL WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Chicken Tikka Served with rice & a Naan Bread	Beef Lasagne with Garlic Bread	Roast Chicken with Sautéed Green Beans, Roast potatoes & Glazed Carrots	Beef Chilli	Battered Fish & Chips
	Hot Dog	Chicken Burger		Sweet & Sour Chicken	
VEGETARIAN	Quorn Dog	Vegetable Lasagne	Vegetable Choi Mein	Vegetable Jambalaya	Tortilla wrap with special of the day filling
SIDES	Tomato & Red Onion Salad	Coronation Coleslaw	Mixed Salad	Savoury Rice	Mushy peas
	Croquette Potatoes	Potato Wedges	Minted Garden Peas	Nachos	Baked Beans
SPEEDY ITALIAN	Sweetcorn Pizza (v)	Chicken Pizza	Hawaiian Pizza	3 Cheese Pizza (v)	Pepperoni Pizza
	Penne Pasta & Tomato Sauce(v)	Penne Pasta & Arriabatia Sauce (v)	Pasta & a Cheesy Sauce (v)	Pasta with a Spicy Tomato sauce	Pasta with a Tomato & Basil Sauce (v)
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)



## MONTGOMERY HIGH SCHOOL WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Chicken Jalfrezi Served with Rice & a Naan Bread	Pork Sausage with Creamy Mashed Potato	Roast Turkey with Mashed Swede & Carrot & Rosemary Roast potatoes	Turkey Meatballs With Rice	Battered Fish & Chips
	Tomato & bacon pasta Bake	BBQ Chicken Drumstick with Potato Wedges		BBQ Pork	
VEGETARIAN	Vegetable Biryani	Vegetarian Sausage	Cheese & Onion Quiche	Veggie Balls in a Tomato Sauce	Tortilla wrap with special of the day filling
	Herb & Pepper Cous Cous Salad	Mixed Green Vegetables	Minted New Potatoes	Baked Sweet Potato	Mushy peas
SIDES	Mozzarella Topped Garlic Bread	Corn on the Cob	Ratatouille Style Vegetables	Stir Fried Vegetables	Baked Beans
SPEEDY ITALIAN	Mixed Pepper Pizza (v)	Chicken Pizza	Hawaiian Pizza	BBQ Chicken	Pepperoni Pizza
	Penne Pasta & Tomato Sauce(v)	Penne Pasta & Arriatatia Sauce (v)	Pasta & a Cheesy Sauce (v)	Pasta with a Spicy Tomato sauce	Pasta with a Tomato & Basil Sauce (v)
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)