

THE ROYAL HIGH SCHOOL MENU WEEK 4

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>BREAKFAST</u> <i>Fish Cakes</i>	<u>BREAKFAST</u> <i>Bacon & Grilled Toms</i>	<u>BREAKFAST</u> <i>Boiled Eggs</i>	<u>BREAKFAST</u> <i>Sausages & Tin Toms</i>	<u>BREAKFAST</u> <i>Scrambled Egg</i>	<u>BREAKFAST</u> <i>French Bread</i>	<u>BREAKFAST</u> <i>Hot Croissants & Rolls</i>
<u>LUNCH</u> <i>Pasta Bolognese Served with Cheese</i> <i>Cauliflower Cheese</i> <i>Croquette Potatoes</i> <i>Broccoli</i> <i>Carrots</i>	<u>LUNCH</u> <i>Crispy Chicken Pasta Bake</i> <i>Roast Vegetable Plait</i> <i>New Potatoes</i> <i>Green Beans</i> <i>Cauliflower</i>	<u>LUNCH</u> <i>Beef Cannelloni</i> <i>Cheese & Tomato Quiche</i> <i>Chipped Potatoes</i> <i>Baked Beans</i> <i>Petit Pois</i>	<u>LUNCH</u> <i>Roast Lamb, Mint Sauce & Gravy</i> <i>Vegetable Toad in the Hole</i> <i>Roast Potatoes</i> <i>Cabbage</i> <i>Carrots</i>	<u>LUNCH</u> <i>Seafood en Croute</i> <i>Neopolitan Pasta</i> <i>New Potatoes</i> <i>Green Beans</i> <i>Country Mix Vegetables</i>	<u>LUNCH</u> <i>Beef Curry, Naan Bread & Chutney</i> <i>Vegetable Spring Rolls & S & Sour Sauce</i> <i>Rice</i> <i>Sweetcorn & Peppers</i>	<u>LUNCH</u> <i>Chicken Breast with Tomato & Basil Sauce</i> <i>Spanish Onion Torte</i> <i>Dauphinoise Potatoes</i> <i>Country Mixed Vegetables</i>
<u>SNACK BAR</u> <i>Tomato & Basil Pasta</i> <i>Jacket Potatoes</i> <i>Tuna, Cheese & Beans</i>	<u>SNACK BAR</u> <i>Mascarpone Pasta</i> <i>Jacket Potatoes</i> <i>Tuna, Cheese & Beans</i>	<u>SNACK BAR</u> <i>Pizza</i> <i>Jacket Potatoes</i> <i>Tuna, Cheese & Beans</i>	<u>SNACK BAR</u> <i>Macaroni Cheese</i> <i>Jacket Potatoes</i> <i>Tuna, Cheese & Beans</i>	<u>SNACK BAR</u> <i>Cheese & Potato Pasties</i> <i>Jacket Potatoes</i> <i>Tuna, Cheese & Beans</i>		
<u>SALAD CHOICE</u> <i>Salad Bar</i> <i>Assorted Sandwiches</i>	<u>SALAD CHOICE</u> <i>Salad Bar</i> <i>Assorted Sandwiches</i>	<u>SALAD CHOICE</u> <i>Salad Bar</i> <i>Assorted Sandwiches</i>	<u>SALAD CHOICE</u> <i>Salad Bar</i> <i>Assorted Sandwiches</i>	<u>SALAD CHOICE</u> <i>Salad Bar</i> <i>Assorted Sandwiches</i>	<u>SALAD CHOICE</u> <i>Salad Bar</i>	<u>SALAD CHOICE</u> <i>Salad Bar</i>
<u>SWEET COURSE</u> <i>Peach Sponge served with Custard</i> <i>Fruit Jelly & Cream</i> <i>Assorted Yogurts</i> <i>Fresh Fruit</i>	<u>SWEET COURSE</u> <i>Rice Pudding & Jam Sauce</i> <i>Chocolate Mousse</i> <i>Assorted Yogurts</i> <i>Fresh Fruit</i>	<u>SWEET COURSE</u> <i>Chocolate Chip Sponge & Chocolate Sauce</i> <i>Pear Halves</i> <i>Assorted Yogurts</i> <i>Fresh Fruit</i>	<u>SWEET COURSE</u> <i>Apple & Rhubarb Crumble with Custard</i> <i>Fruit Cocktail</i> <i>Assorted Yogurts</i> <i>Fresh Fruit</i>	<u>SWEET COURSE</u> <i>Sticky Toffee Pudding & Cream</i> <i>Peach Slices</i> <i>Assorted Yogurts</i> <i>Fresh Fruit</i>	<u>SWEET COURSE</u> <i>Chocolate Shortbread & Chocolate Sauce</i> <i>Cheese and Biscuits</i> <i>Assorted Yogurts</i> <i>Fresh Fruit</i>	<u>SWEET COURSE</u> <i>Gateaux & Cream</i> <i>Cheese and Biscuits</i> <i>Assorted Yogurts</i> <i>Fresh Fruit</i>
<u>SUPPER</u> <i>Sweet & Sour Pork</i> <i>Chinese Style Stir Fried Vegetables</i> <i>Rice</i> <i>Sweetcorn & Peas</i> <i>Jacket Potatoes</i> <i>Salad Bar</i> <i>Fresh Fruit</i>	<u>SUPPER</u> <i>Shepherds Pie & Gravy</i> <i>Cheese & Vegetable Slice</i> <i>Parsley Potatoes</i> <i>Country Mix Vegetables</i> <i>Jacket Potatoes</i> <i>Salad Bar</i> <i>Fresh Fruit</i>	<u>SUPPER</u> <i>Bacon Chops & Egg / Pineapple</i> <i>Mushroom Strudel</i> <i>Fondant Potatoes</i> <i>Ratatouille</i> <i>Jacket Potatoes</i> <i>Salad Bar</i> <i>Fresh Fruit</i>	<u>SUPPER</u> <i>Coq-Au-Vin</i> <i>Onion & Black Olive Pies</i> <i>Noisette Potatoes</i> <i>Broccoli</i> <i>Jacket Potatoes</i> <i>Salad Bar</i> <i>Fresh Fruit</i>	<u>SUPPER</u> <i>Lamb Hot Pot</i> <i>Quorne Itallienne</i> <i>Garlic Bread</i> <i>Broccoli</i> <i>Jacket Potatoes</i> <i>Salad Bar</i> <i>Fresh Fruit</i>	<u>SUPPER</u> <i>Tuna Pasta Bake</i> <i>Cheese & Tomato Bruchette</i> <i>Saute Potatoes</i> <i>Petit Pois</i> <i>Jacket Potatoes</i> <i>Salad Bar</i> <i>Fresh Fruit</i>	<u>SUPPER</u> <i>Sausages Vegetable</i> <i>Cottage Pie & Gravy</i> <i>Mashed Potatoes</i> <i>Baked Beans</i> <i>Jacket Potatoes</i> <i>Salad Bar</i> <i>Fresh Fruit</i>