

THE ROYAL HIGH JUNIOR SCHOOL MENU WEEK 3

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>Main Meal</u> <i>Jacket Potatoes</i> <i>Served with :</i> <i>Cheese, Tuna or Ham</i> <i>or</i> <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> *** <i>Mixed Salads</i> <i>Baked Beans</i> <i>or</i> <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i></p>	<p><u>Main Meal</u> <u>THEMED</u> <u>DAYS</u> <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i></p>	<p><u>Main Meal</u> <i>Roast Turkey, Stuffing</i> <i>& Gravy</i> <i>Vegetarian Omelettes</i> <i>or</i> <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> *** <i>Roast Potatoes/Jackets</i> <i>Carrots</i> <i>Cauliflower</i> <i>or</i> <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i></p>	<p><u>Main Meal</u> <i>Macaroni Beef Bake</i> <i>or</i> <i>Leek & Potato Layer</i> <i>or</i> <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> *** <i>New Potatoes/Jackets</i> <i>Sweetcorn</i> <i>Broccoli</i> <i>or</i> <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i></p>	<p><u>Main Meal</u> <i>Fish Fingers & Lemon</i> <i>or</i> <i>Tomato & Basil Pasta</i> <i>or</i> <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> *** <i>Chipped Potatoes</i> <i>Peas/ Jackets</i> <i>Country Mixed Veg</i> <i>or</i> <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i></p>
<p><u>Choice of Pudding</u> <i>'Ruth's Homemade</i> <i>Muffins</i> <i>or</i> <i>Assorted Yoghurts</i> <i>or</i> <i>Selection of Fresh Fruit</i> <i>on offer Daily:</i> <i>Melon, Apple, Orange,</i> <i>Grapes & Bananas</i></p>	<p><u>Choice of Pudding</u> <i>or</i> <i>Assorted Yoghurts</i> <i>or</i> <i>Selection of Fresh</i> <i>Fruit on offer Daily:</i> <i>Melon, Apple, Orange,</i> <i>Grapes & Bananas</i></p>	<p><u>Choice of Pudding</u> <i>Apple & Blackberry Pie</i> <i>served with Custard</i> <i>or</i> <i>Assorted</i> <i>Yoghurts</i> <i>or</i> <i>Selection of Fresh Fruit</i> <i>on offer Daily:</i> <i>Melon, Apple, Orange,</i> <i>Grapes & Bananas</i></p>	<p><u>Choice of Pudding</u> <i>Shortbread Biscuits</i> <i>served with Pears</i> <i>or</i> <i>Assorted Yoghurts</i> <i>or</i> <i>Selection of Fresh Fruit</i> <i>on offer Daily:</i> <i>Melon, Apple, Orange,</i> <i>Grapes & Bananas</i></p>	<p><u>Choice of Pudding</u> <i>Sponge served with</i> <i>Custard</i> <i>or</i> <i>Assorted Yoghurts</i> <i>or</i> <i>Selection of Fresh Fruit</i> <i>on offer Daily:</i> <i>Melon, Apple, Orange,</i> <i>Grapes & Bananas</i></p>