

THE ROYAL HIGH JUNIOR SCHOOL MENU WEEK 1

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Main Meal</u> <i>Lasagne</i> or <i>Vegetable Lasagne</i> or <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> *** <i>New Potatoes/Jackets</i> <i>Country Mixed</i> <i>Vegetables</i> or <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i>	<u>Main Meal</u> <i>Pizza Bar</i> <i>Cheese & Tomato</i> <i>Ham & Pineapple</i> <i>Pepperoni & Cheese</i> <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> *** <i>Jacket Potatoes</i> <i>Peas</i> <i>Baked Beans</i> or <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i>	<u>Main Meal</u> <i>Roast Beef, Yorkshire</i> <i>Pudding & Gravy</i> <i>Vegetable Quiche</i> or <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> *** <i>Roast Potatoes/Jackets</i> <i>Broccoli</i> <i>Parsnips</i> or <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i>	<u>Main Meal</u> <i>Spaghetti Bolognaise</i> or <i>Neopolitan Pasta</i> or <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> *** <i>New Potatoes/Jackets</i> <i>Peas</i> <i>Carrot & Swede</i> or <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i>	<u>Main Meal</u> <i>Fish Fingers or</i> <i>Poached Salmon</i> <i>Pasta Bake</i> or <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> *** <i>Chipped Potatoes</i> <i>Sweetcorn</i> <i>Green Beans</i> or <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i>
<u>Choice of Pudding</u> <i>Cookies & a</i> <i>Glass of Milk</i> or <i>Assorted Yoghurts</i> or <i>Selection of Fresh Fruit</i> <i>on offer Daily:</i> <i>Melon, Apple, Orange,</i> <i>Grapes & Bananas</i>	<u>Choice of Pudding</u> <i>Chocolate Chip Sponge</i> <i>served with</i> <i>Chocolate Sauce</i> or <i>Assorted Yoghurts</i> or <i>Selection of Fresh</i> <i>Fruit on offer Daily:</i> <i>Melon, Apple, Orange,</i> <i>Grapes & Bananas</i>	<u>Choice of Pudding</u> <i>Fruit & Jelly</i> <i>Served with Cream</i> or <i>Assorted</i> <i>Yoghurts</i> or <i>Selection of Fresh Fruit</i> <i>on offer Daily:</i> <i>Melon, Apple, Orange,</i> <i>Grapes & Bananas</i>	<u>Choice of Pudding</u> <i>Apple & Blackberry</i> <i>Crumble served with</i> <i>Custard</i> or <i>Assorted Yoghurts</i> or <i>Selection of Fresh Fruit</i> <i>on offer Daily:</i> <i>Melon, Apple, Orange,</i> <i>Grapes & Bananas</i>	<u>Choice of Pudding</u> <i>Rice Pudding with</i> <i>Honey, Sultanas, Apple</i> <i>& Brown Sugar</i> or <i>Assorted Yoghurts</i> or <i>Selection of Fresh Fruit</i> <i>on offer Daily:</i> <i>Melon, Apple, Orange,</i> <i>Grapes & Bananas</i>