

THE ROYAL HIGH JUNIOR SCHOOL MENU WEEK 2

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>Main Meal</u> <i>Pasta Italiane</i> or <i>Vegetable Curry</i> or <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> ***</p> <p><i>Rice or New Potatoes</i> <i>Farmhouse Vegetables</i> or <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i> <i>Jackets</i></p>	<p><u>Main Meal</u> <i>Turkey & Ham Rissotto</i> or <i>Vegetarian Burger</i> or <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> ***</p> <p><i>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></p>	<p><u>Main Meal</u> <i>Fishermans Pie</i> or <i>Chilli Bean Casserole</i> <i>With Tortillas</i> <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> ***</p> <p><i>Potatoes/Jackets</i> <i>Broccoli</i> <i>Cabbage</i> or <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i></p>	<p><u>Main Meal</u> <i>Chilli Con Carne</i> or <i>Spinach Pasta</i> or <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> ***</p> <p><i>Rice/ Potatoes/Jackets</i> <i>Green Beans</i> <i>Cauliflower</i> or <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i></p>	<p><u>Main Meal</u> <i>Chicken Goujons</i> or <i>Spaghetti Bake</i> or <i>Salad Bar Choice</i> <i>Cheese, Tuna, Ham,</i> <i>Salami & Egg</i> ***</p> <p><i>Chipped Potatoes</i> <i>Peas</i> <i>Carrots</i> or <i>Lettuce, Tomato,</i> <i>Cucumber, Carrot &</i> <i>Composite Salad</i> <i>Homemade Bread</i></p>
<p><u>Choice of Pudding</u> <i>Homemade Oatie Biscuits</i> <i>served with Custard</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></p>	<p><u>Choice of Pudding</u> <i>Fruit Compote &</i> <i>Chocolate Sponge</i> <i>served with Chocolate</i> <i>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></p>	<p><u>Choice of Pudding</u> <i>Cheese &</i> <i>Biscuits</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></p>	<p><u>Choice of Pudding</u> <i>Fruit Crumble served</i> <i>with Custard</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></p>	<p><u>Choice of Pudding</u> <i>Orange Pudding Cake</i> <i>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></p>