



## Garth Hill College Menu April 2018

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	Pork Sausage with Mash & Gravy	Beef & Onion Pie (Puff Pastry)	Roast Chicken with Roast Potatoes & Gravy	Turkey Meatball with Wholegrain Rice	MSC Fish Fingers with Chips
VEGETARIAN FROM THE KITCHEN	Quorn & Vegetable Pasta Bake	Homemade Spicy Bean Burger	(Fry's) Strips with Roast Potatoes & Gravy	Macaroni Cheese with Mushroom & Chive	Neopolitan Pasta Bake
VEGETABLES	Green Beans & Sweetcorn	Peas & Carrots	White Cabbage & Broccoli	Fruity Coleslaw & Sweetcorn	Peas & Baked Beans
SIDES	KARMA CURRY Chicken Korma Curry	CIAO PASTA Beef Bolognese Red Pepper & Sweet Potato	Hot Roast Baguettes	CIAO PIZZA BAR Cheese & Tomato Pizza Pepperoni Pizza	COUPERS CHICKEN Cajun Chicken
JUST GRAZE SALADS	Tear Drop Naan	Garlic Bread with Cheese	Pizza Baguettes	Garlic Bread	BBQ Baked Beans
JACKET	A selection of seasonal salads	A selection of seasonal salads	A selection of seasonal salads	A selection of seasonal salads	A selection of seasonal salads
DESSERT	Cheese , Tuna Mayonnaise , Baked Beans	Cheese , Tuna Mayonnaise , Baked Beans	Cheese , Tuna Mayonnaise , Baked Beans	Cheese , Tuna Mayonnaise , Baked Beans , Coleslaw	Cheese , Tuna Mayonnaise , Baked Beans
DESSERT	Apple Crumble & Custard	Peaches & icecream	Frozen Toffee Yoghurt	Fruity Flapjack	Banana & Coconut Muffin



## Garth Hill College Menu April 2018

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	BBQ Pork With Rice	Garlic & Lemon Chicken Thighs with Rice	Roast Gammon Roast Potatoes & gravy	Sweet & Sour Chicken with Egg Noodles	Battered Fish & Chips
VEGETARIAN FROM THE KITCHEN	Quorn Meatballs with Tomato Sauce & Pasta	Cheese & Onion Quiche Whoelmeal Flour	Red Onion & Tomato Frittata with Roast Potatoes	Cheese & Potato Pie	Quorn Frankfurter & Chips
VEGETABLES	Sweetcorn Green Beans	Peas & Carrots	White Cabbage & Broccoli	Fruity Coleslaw & Sweetcorn	Peas Beans
KHEEMA CURRY	KHEEMA CURRY Beef Keema & Rice	CIAO PASTA Beef Bolognese Tomato & Basil	Hot Roast Baguettes	CIAO PIZZA Cheese & Tomato Pizza Ham & Pineapple Pizza	Philly Mac Macaroni Cheese
SIDES	Garlic & Coriander Naan	Corn Cobs	Bombay Vegetable Wrap	Garlic Bread with Cheese	Wedges
JUST GRAZE SALADS	A selection of seasonal salads	A selection of seasonal salads	A selection of seasonal salads	A selection of seasonal salads	A selection of seasonal salads
JACKET	Cheese , Tuna Mayonnaise , Baked Beans	Cheese , Tuna Mayonnaise , Baked Beans	Cheese , Tuna Mayonnaise , Baked Beans	Cheese , Tuna Mayonnaise , Baked Beans	Cheese , Tuna Mayonnaise , Baked Beans
DESSERT	Peach Upside Down Cake with Custard	Eaton mess	Ginger Biscuit	Jelly with Mandarins	Lemon & Courgette Muffin



## Garth Hill College Menu April 2018



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN FROM THE KITCHEN	Beef Chilli con carne & Rice	Chicken & Sweetcorn Pie	Roast Pork & Gravy & Roast Potatoes	Cottage Pie	Breaded Fish & Chips
VEGETARIAN FROM THE KITCHEN	Neopolitan Pasta	Frys Vegetarian Lasagne	Vegetable & Lentil Loaf Roast Potatoes & Gravy	Cheese & Red onion Clazone	Roast Vegetable Tart
VEGETABLES	Green Beans Carrots	Cauliflower & Peas	Carrots & Green Beans	Sweetcorn & Mediterranean Vegetables	Peas & Baked Beans
KARMA CURRY	Thai Red Curry & Rice	CIAO PASTA Beef Bolognese Tomato & Basil (V)	Hot Roast Baguettes	Pizza Bar Cheese & Tomato BBQ Chicken	COUPERS CHICKEN Jerk Chicken
SIDES	Corn Cobs	Garlic Dough Balls	Chilli Sin Carne Wrap(V)	Garlic Pizza Bread	Wedges
JUST GRAZE SALADS	A selection of seasonal salads	A selection of seasonal salads	A selection of seasonal salads	A selection of seasonal salads	A selection of seasonal salads
JACKET	Cheese , Tuna Mayonnnaise , Baked Beans	Cheese , Tuna Mayonnnaise , Baked Beans	Cheese , Tuna Mayonnnaise , Baked Beans	Cheese , Tuna Mayonnnaise , Baked Beans	Cheese , Tuna Mayonnnaise , Baked Beans , Coleslaw
DESSERT	Pear Crumble & Custard	Apple & Berry Sponge & Custard	Frozen Strawberry Yoghurt	Blue Berry Muffin	Chocolate & beetroot Brownie