

# SHEFFIELD HIGH SCHOOL FOR GIRLS

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	Pork Meatballs with Tomato Sauce	Roast Chicken & Stuffing	Beef Lasagne	Sausage Casserole & Yorkshire Pudding	Cod Fish Fingers
<b>Choice 2</b>	Chick Pea, Spinach and Potato Curry	Cheese & Pepper Flan	Veggie Mince Lasagne	Vegetable Casserole & Yorkshire Pudding	Battered Hoki
<b>Choice 3</b>	Jacket Potato Cheese/Coleslaw/Bake Beans	Pasta Served with Mediterranean Sauce	Jacket Potato Hoops/Tuna/Cheese	Pasta Served with Mushroom Sauce	Cheese & Tomato Omelette
	<b>Salad Bar</b> <i>Selection of Seasonal Salads served with a choice of 2 protein items.</i>				
Vegetable/Salad	Salad Bowl	Sliced Carrots	Sweetcorn	Green Beans	Mushy Peas Baked Beans
Potatoes/Bread Pasta	Rice	Roast Potatoes	Garlic Bread	Braised Potatoes	Chips
Hot Pudding	Dutch Apple Crumble Custard	Chocolate Chip Sponge Custard	Lemon Tart	Eves Pudding & Custard	Sweet of the Day
Cold Sweet	Assorted Jelly	Assorted Cakes	Rocky Road	Assorted Mousses	Vanilla Ice Cream

A selection of yoghurts, fruit and cakes is also available daily

# SHEFFIELD HIGH SCHOOL FOR GIRLS

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	Chicken Korma	Roast Pork	Irish Stew	Cottage Pie	Chicken Nuggets
<b>Choice 2</b>	Vegetable Chow Mein	Vegetable & Bean Wrap	Pepperoni Pizza	Salmon & Broccoli Pasta Bake	Breaded Cod
<b>Choice 3</b>	Jacket Potato Cheese Tuna Beans	Pasta Basilico	Vegetable Pizza	Jacket Potato Cheese, Tuna or Hoops	Vegetable Nuggets
<b>Salad Bar</b> <i>Selection of Seasonal Salads served with a choice of 2 protein items.</i>					
Vegetable/Salad	Salad Bowl	Medley of Veg	Mixed Salad	Garden Peas	Processed Peas Spaghetti Hoops Chips
Potatoes/Bread Pasta	Rice/Naan Bread	Roast Potatoes	N/A	N/A	
Hot Pudding	Treacle Sponge Custard	Rhubarb & Ginger Crumble Custard	Fudge Brownie Custard	Jam Tart Custard	Sweet of the Day
Cold Sweet	Assorted Jelly	Choc Ices	Fruit Cocktail	Mousses	Strawberry Ice Cream

A selection of yoghurts, fruit and cakes is also available daily

# SHEFFIELD HIGH SCHOOL FOR GIRLS

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	Pasta Bolognaise	Roast Beef & Yorkshire	Tuna Pasta Bake	Meat & Potato Pie	Pork Sausage
<b>Choice 2</b>	Quorn Meatballs With Tomato & Vegetable Sauce	Cheese & Tomato Flan	Grilled Gammon Pineapple	Winter Vegetable Stew with Dumpling	Battered Hoki
<b>Choice 3</b>	Jacket Potato Cheese, Tuna or Hoops	Pasta Pomodora	Jacket Potato Cheese, Tuna or Beans	Macaroni Cheese	Cheese & Onion Pastie
<b>Salad Bar</b> <i>Selection of Seasonal Salads served with a choice of 2 protein items.</i>					
Vegetable/Salad	Chopped Salad	Cabbage	Baby Carrots	Broccoli	Garden Peas Baked Beans Chips
Potatoes/Bread Pasta	French Stick	Roast Potatoes	Croquette Potatoes	N/A	
Hot Pudding	Jam Sponge	Apple & Strawberry Crumble	Chocolate Sponge & Chocolate Sauce	Cornflake Crunch Custard	Sweet of the Day
Cold Sweet	Assorted Jelly	Flap Jack	Yoghurt	Mini Baked Doughnuts	Chocolate Ice Cream

A selection of yoghurts, fruit and cakes is also available daily