

# SHEFFIELD HIGH SCHOOL FOR GIRLS

## January 2010 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	Sweet and Sour Chicken	Minced Beef & Onion Pie	Baked Salmon	Breaded Pork Steaks Served with Tomato Sauce	Deep Fried Pollack
<b>Special</b>	Irish Stew And Dumplings	Roast Turkey Served With Cranberry Cheese & Broccoli Flan	Pepperoni Pizza	Spaghetti Bolognaise	Chicken Nuggets
<b>Vegetarian</b>	Winter Vegetable Stew And Dumplings		Sweet Corn And Tomato Pizza	Macaroni Cheese and leeks	Pasta with Mediterranean Sauce
	<b>Salad Bar</b> <i>Selection of Seasonal Salads served with a choice of 2 protein items.</i>				
Jacket Potato or Soup	Jacket Potato Beans, Cheese	Jacket Potato Tuna, Cheese	Country Vegetable Soup Served with Crusty Bread	Jacket Potato Hoops, Cheese	Jacket Potato Baked Beans, Cheese
Vegetable/Salad	Salad	Carrots or Cabbage	Salad Or Courgettes In Tomato Sauce	Cauliflower Cheese	Baked Beans Mushy peas
Potatoes/Bread Pasta	Rice	Roast Potatoes	Pasta and Peppers	Spaghetti	Chips
Hot Pudding	Rhubarb And Ginger Crumble And Custard	Lemon Sponge And Custard	Jam Tart Served with Custard	Rice Pudding	Blackberry Cobbler served with Custard
Cold Sweet	Chocolate Mousse	Jam Scones	Fruit Platter	Chocolate Fudge Brownie	Strawberry Ice-cream

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

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## January 2010 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	Mild Chilli Con Carne	Pasta Served With Tuna And Tomato Sauce	Lamb And Spinach Lasagne	Sausage Meat Plait	Battered Hoki
<b>Special</b>	Pork Meatballs Served In A Tomato Sauce	Roast Chicken And Stuffing	Braised Beef And Potato Pie Topped With Short Crust Pastry	Chicken Casserole Served In A Yorkshire Pudding	Lincolnshire Sausages
<b>Vegetarian</b>	Veggie Mince Chilli Con Carne	Pasta Served With Pomodoro Sauce	Cheese & Pepper Omelette	Quorn Casserole Served in a Yorkshire Pudding	Cheese Pasty
<b>Salad Bar</b> <i>Selection of Seasonal Salads served with a choice of 2 protein items.</i>					
Jacket Potato or Soup	Jacket Potato Beans, Cheese	Jacket Potato Tuna, Cheese	Tomato Soup served With Crusty Bread	Jacket Potato Tuna, Cheese	Jacket Potato Beans, Cheese
Vegetable/Salad	Salad	Sliced Carrots Or Broccoli	Cabbage Or Salad	Garden Peas	Mushy Peas
Potatoes/Bread	Rice	Roast Potatoes	Garlic Bread	New Potatoes	Baked Beans
Pasta					Chips
Hot Pudding	Peach, Apricot Oaty Crumble And Custard	Chocolate Sponge Served With Chocolate Sauce	Mincemeat Shortbread And Custard	Pineapple Upside Down And Custard	Bread And Butter Pudding
Cold Sweet	Jelly	Fruit Cocktail	Flap Jack	Chocolate Fudge Brownie	Choc Ice

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

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## January 2010 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	Pork And Apple Casserole	Shepherd's Pie	Beef Stew Cobbler	Chicken And Mushroom Pie	Fish Pie
<b>Special</b>	Chicken Korma Naan Bread	Roast Ham	French Bread Pizza	Sausage And Bean Casserole	(Available for All) Fish Fingers
<b>Vegetarian</b>	Chick Pea, Potato and Spinach Korma	Twice Baked Jacket Potatoes	French Bread Pizza	Quorn, Mushroom And Leek Pie	Vegetable Burger Served In Seeded Bun
	<b>Salad Bar</b> <i>Selection of Seasonal Salads served with a choice of 2 protein items.</i>				
Jacket Potato or Soup	Jacket Potato Tuna, Hoops, Cheese	Jacket Potato Beans, Cheese	Minestrone Soup Served With Crusty Bread	Jacket Potato Tuna, Cheese	Jacket Potato Hoops, Cheese
Vegetable/Salad	Salad	Cabbage Or Garden Peas	Broccoli Or Salad	Baton Carrots Or Green Beans	Hoops Or Marrowfat Peas
Potatoes/Bread Pasta	Rice And Vegetables	Braised New Potatoes	Pasta With Sundried Tomato And Sweet Corn	Mashed Potatoes	Chips
Hot Pudding	Apple, Strawberry Crumble And Custard	Treacle Sponge And Custard	Cornflake Tart And Custard	Chocolate Chip Sponge And Custard	Jam Roly-Poly And Custard
Cold Sweet	Jelly And Fruit	Chocolate Mousse	Bakewell Tart	Mandarin Cheesecake	Vanilla Ice-cream

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