

# SHEFFIELD HIGH SCHOOL FOR GIRLS

## Autumn Term 2010 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	Turkey with mushroom, peppers with a creamy sauce	Lamb & Vegetable Cobbler	Ocean Bake	Sweet & Sour Chicken Served with Rice	Battered Hoki
<b>Special</b>	Pork Meatballs in a Tomato Sauce	Roast Beef & Yorkshire Pudding	Meat & Potato Pie	Mince Beef Lasagne	Chicken Nuggets
<b>Vegetarian</b>	Quorn Vegetable Balls in a Tomato Sauce	Omelette Pepper & Mozzarella	Macaroni Cheese Tomato Slice	Cannelloni Verde	Vegetable Nuggets
<b>Salad Bar</b> <i>Selection of seasonal salads served with a choice of two protein items</i>					
Jacket Potato or Pasta & Sauce	Jacket Potato Beans/Cheese	Pasta Served with Basilico Sauce	Jacket Potato Beans/Cheese	Jacket Potato Tuna Mayonnaise/Cheese	Jacket Potato Beans/Cheese
Vegetable/Salad	Salad	Baby Carrots Chopped Salad	Broccoli	Sweetcorn Chopped Salad	Baked Beans Garden Peas
Potatoes/Bread	Vegetable Rice	Roast Potatoes	Wholemeal Bread	French Bread	Chips
Pasta					
Hot Pudding	Chocolate Sponge & Custard	Apple & Blackberry Crumble	Cornflake Crunch & Custard	Strawberry Shortbread	Bread & Butter Pudding With Custard
Cold Sweet	Assorted Jelly	Peach & Apricots	Cheesecake	Cherry Flapjack	Choc Ices

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

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## Autumn Term 2010 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	Lamb & Apricot Tagine	Meat Loaf	Herb Crusted Baked Salmon Fillet	Quiche Lorraine	Battered Hoki
<b>Special</b>	Chicken Korma	Roast Turkey & Cranberry Sauce	Ham Pizza	Spaghetti Bolognaise	Sausages
<b>Vegetarian</b>	Chick Pea & Potato Curry	Cream Cheese & Broccoli Flan	Cheese & Pepper Pizza	Spaghetti Provençal	Vegetable Burger in a seeded bun
<b>Salad Bar</b> <i>Selection of seasonal salads served with a choice of 2 protein items</i>					
Jacket Potato or Pasta & Sauce	Jacket Potato Beans/Cheese	Pasta Served with Basilico Sauce	Jacket Potato Cheese/Hoops	Pasta Served with Pomodora Sauce	Jacket Potato Hoops/Cheese
Vegetable/Salad	Salad	Broccoli Sliced Carrots	Mixed Salad Courgettes in Tomato Sauce	Chopped Salad Sweetcorn	Peas Spaghetti Hoops
Potatoes/Bread	Rice & Naan Bread	New Potatoes	Pasta Salad	French Bread	Chips
Pasta					
Hot Pudding	Apple Crumble And Custard	Syrup Sponge And Custard	Jam Tart	Chocolate Chip, Orange Sponge Pudding	Peach & Apricot Crunch
Cold Sweet	Jelly	Chocolate Mousse	Fruit Salad	Sultana Flapjack	Strawberry Pots

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

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## Autumn Term 2010 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Meal</b>	Salmon Pasta Bake	Shepherd's Pie	Chilli Con Carne And Rice	Chicken, Mushroom & Leek Pie	Battered Haddock
<b>Special</b>	Grilled Gammon & Pineapple Topped with Cheese	Roasted Chicken Breast & Stuffing	French Bread Pizza	Sausage & Vegetable Casserole	Cod Fish Fingers
<b>Vegetarian</b>	Quorn, Leek, Mushroom & Pasta Bake	Cauliflower & Broccoli Cheese	French Bread Pizza	Yorkshire Pudding Vegetable Sausage Casserole Yorkshire Pudding	Cheese & Onion Pasty
<b>Salad Bar</b> <i>Selection of seasonal salads served with a choice of two protein items</i>					
Jacket Potato or Pasta & Sauce	Jacket Potato Beans/Cheese	Pasta Served with Basilico Sauce	Jacket Potato Tuna/Cheese	Pasta Served with Peperonata Sauce	Jacket Potato Baked Beans/Cheese
Vegetable/Salad	Garden Peas Salad	Carrots Cabbage	Mixed Salad sweet corn	Broccoli	Baked Beans/Peas
Potatoes/Bread Pasta	Noisette Potatoes	Mashed Potatoes	Pasta with Herbs	New Potatoes	Chips
Hot Pudding	Rhubarb Crumble & Custard	Lemon Tart & Custard	Pineapple upside down & Custard	Apple Pie & Custard	Rice Pudding with Jam
Cold Sweet	Assorted Jelly	Fruit Cocktail	Rocky Road	Flapjack	Vanilla Ice-cream

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