

Northampton High School Spring Menu – Week Three



Monday	Tuesday	Wednesday	Thursday	Friday
Pulled BBQ Chicken served in a Bap	Savoury Minced Beef Cobbler served with Fresh Gravy	Roast Topside of Beef served with Yorkshire Pudding Horseradish Sauce and Fresh Gravy	Cajun Chicken & Vegetable Wraps Served with Soured Cream and Tomato Salsa	Breaded Fish or Fish Fingers Served with Fresh Lemon Wedge and Tartare Sauce
Pulled BBQ Jackfruit Served in a Bap	Vegan Mince Cobbler Served with Fresh Gravy	Filled Flat Mushroom Topped with Melted Cheese	Cajun Bean Wraps served with Soured Cream and Tomato Salsa	Filled Spinach Tortellini in a Tomato and Basil Sauce served with Salad
Vegetables: Sweet Potato Fries and a Mixed Leaf Salad	Vegetables: Creamy Mashed Potatoes and Green Beans	Vegetables: Roasted Potatoes, Cauliflower & Broccoli With Sliced Carrots	Vegetables: Spicy Rice and Poached Sweetcorn	Vegetables: Chipped Potatoes and Baked Beans
Salad Bar: Selection of Basic and Composite Salads with Sliced Honey Roast Ham	Salad Bar: Selection of Basic and Composite Salads with Lemon and Lime Chicken	Salad Bar: Selection of Basic and Composite Salads with Tuna Nicoise	Salad Bar: Selection of Basic and Composite Salads with Peppered Mackerel	Salad Bar: Selection of Basic and Composite Salads with Korean BBQ Bao Buns
Hot Dessert: Bread and Butter Pudding served with Fresh Custard	Hot Dessert: Crispy Pineapple Fritters served with Hot Apricot Sauce	Hot Dessert: Toffee Apple Waffle Pudding Served with Toffee Sauce	Hot Dessert: Syrup Sponge served with Fresh Custard	Hot Dessert: Apple Pie served with Fresh Custard
Cold Dessert: Chocolate Concrete	Cold Dessert: Slice of Chocolate and Cherry Tiffin	Cold Dessert: Lemon Posset	Cold Dessert: Banana and Chocolate Chip Loaf	Cold Dessert: Granola Bar

Available Daily:

- Fresh homemade vegetarian soup, with freshly baked baguettes
- Made to order sandwich bar, plus a selection of wraps, sandwich fillings and speciality bread
- Fresh seasonal fruit and assorted yoghurts
- Sixth Form Café: Hot paninis, filled baguettes, wraps and wholemeal hoagies

Week Commencing:

20 January 17 February

16 March 13 April

