

## Northampton High School Spring Menu – Week One



Monday	Tuesday	Wednesday	Thursday	Friday
Spicy Minced Beef Chilli Con Carne served with Steamed Rice and Tortilla Chips	King-size Hot Dogs served with Sliced Sautéed Onions and Assorted Relishes	Roasted Sliced Chicken Breast served with Sage and Onion Stuffing and Fresh Gravy	Chicken Katsu Curry served with Saffron Flavoured Rice, Coriander Naan Bread, Mini Poppadum's and Mango Chutney	Freshly Breadcrumbed Fish of The Day or Cod Fishfingers served with a Lemon Wedge and Tartare Sauce
Spicy Vegetable and Bean Con Carne served with Steamed Rice and Tortilla Chips (V)	King-Size Vegetarian Hot Dogs served with Sliced Sautéed Onions and Assorted Relishes (V)	Oven Ba <mark>ked</mark> Quorn Filled Beefsteak Tomato served with Fresh Gravy (V)	Vegetable and Spinach Korma served with Saffron Flavoured Rice, Coriander Naan Bread, Mini Poppadum's and Mango Chutney (V)	Spinach and Ricotta Cannelloni served with a Mixed Leaf Salad (V)
Chef's Special	Chef's Special		Chef's Special	Chef's Special
Vegetables: Sweetcorn	Vegetables: Jacket Wedge Potatoes and Mixed Leafy Salad	Vegetables: Roasted Potatoes, Sliced Carrots and Peas		Vegetables: Chipped Potatoes and Mushy Peas
Salad Bar: Selection of Basic and Composite Salads with Sardine and Lemon Platter	Salad Bar: Selection of Basic and Composite Salads with Chicken Caesar Salad	Salad Bar: Selection of Basic and Composite Salads with Tuna Pitta Pockets	Salad Bar: Selection of Basic and Composite Salads with Cheese and Tomato Puffs	Salad Bar: Selection of Basic and Composite Salads with a Selection of Indian Savouries served with Minted Yogurt Dressing
Hot Dessert: Summer Berry Crumble Traybake served with Fresh Custard	Hot Dessert: Banana Fritters served with Warmed Syrup	Hot Dessert: Chocolate Sponge served with Chocolate Sauce	Hot Dessert: Sticky Date Pudding served with Fresh Toffee Sauce	Hot Dessert: Syrup Sponge served with Fresh Custard
Cold Dessert: Cheese and Biscuits	Cold Dessert: Chocolate Rice Crispy Slice	Cold Dessert: Fresh Fruit Salad	Cold Dessert: Mandarin Cheesecake	Cold Dessert:  Meringue Nest filled with  Whipped Cream and Mixed  Berries

## **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:

31 December 04 March 28 January

