

Northampton High School - Summer Menu - Week Three



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausagemeat, Herb and Onion Plait served with Fresh Gravy	Summer Traybake Chicken Breast served with Roasted Ratatouille Vegetables	Roast Sliced Breast of Chicken served with Sage and Onion Stuffing and Fresh Gravy	Traditional Minced Lamb Moussaka served with a Slice of Garlic Bread	Crispy Deep Fried Breadcrumbed Fish of the Day or Cod Fishfingers served with a Lemon Wedge and Tartare sauce
* Roasted Mediterranean Vegetable and Feta Lattice served with Fresh Gravy	*Spinach and Ricotta Tortellini served with a Sundried Tomato Sauce, Shaved Parmesan Cheese and Fresh Rocket	* Stuffed Half a Pepper served with Fresh Gravy	*Quorn Moussaka served with a Slice of Garlic Bread	*Grilled Halloumi and Vegetable Skewers
Chef's Special of the Day	Chef's Special of the Day		Chef's Special of the Day	
Vegetables: Minted Baby New Potatoes and Poached Sweetcorn	Vegetables: Herby Parmentier Potatoes	Vegetables: Roasted Potatoes, Sliced Carrots and Garden Peas	Vegetables: Fresh Garden Salad	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 Salmon and Chilli Prawn Salad	Salad Bar: Selection of Basic and Composite Salads with Ploughman's Lunch	Salad Bar: Selection of Basic and Composite Salads with BBQ Chicken Drumsticks	Salad Bar: Selection of Basic and Composite Salads with Onion Bhajis and Mint Dressing
Hot Dessert: Marble Cake served with Hot Chocolate Sauce	Hot Dessert: Sugar Glazed Fruity Chelsea Buns	Hot Dessert: Apple and Blackberry Crumble served with Fresh Custard	Hot Dessert: Crispy Pineapple Fritters served with Warmed Apricot Sauce	Hot Dessert: Sticky Date Pudding with Fresh Toffee Sauce
Cold Dessert: Strawberry Jelly	Cold Dessert: Ice Cream Sundae	Cold Dessert: Slice of Cherry Shortbread	Cold Dessert: Meringue Nest filled with Whipped Cream and Strawberries	Cold Dessert: Mini Sugared Donuts drizzled in Chocolate Sauce

AVAILABLE DAILY:

Fresh homemade vegetarian soup served with freshly baked sliced baguettes.

Made to Order Sandwich/Baguette Bar plus a selection of freshly made wraps available with a selection of meat & vegetarian fillings, fresh salad & a daily speciality bread.

Jacket Potato Bar with assorted fillings of your choice.

Fresh Seasonal Fruit Basket. Selection of Fresh Yogurts.

Sixth Form Cafe: Fresh Hot Paninis, Filled Baguettes, Wraps & Wholemeal Hoagies available.

Week Commencing: 30 April 4 June 2 July

