

## Northampton High School Spring – Week Four



| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| Sweet and Sour Chicken<br>Or Stir-Fried Oriental Vegetables with A<br>Black Bean Sauce  | Minced Beef Lasagne al Forno<br>Served with a Slice of Garlic Bread                                     | Garlic & Herb Marinated Chicken<br>Served with Fresh Gravy                       | Katsu Chicken Curry   | Pepperoni Stuffed Crust Pizza   |
| Weekly Special Available From 12:20 Soft Filled Tacos  A Choice of Beef Mole (With Chipotle & Chocolate) Or Cajun Spiced Roasted Vegetables Served In Warm Soft Tacos With Chilli, Lime & Coriander Slaw, Mixed Leaf Salad, Salsa, Guacamole & Sour Cream | Aubergine Parmigiana<br>Served with a Slice of Garlic Bread   | Roasted Vegetable Risotto<br>served with Parmesan Shavings                       | Marinated Tofu Katsu Curry  | Margarita stuffed Crust Pizza   |
| Sides:<br>Egg Fried Rice and Prawn Crackers   | Sides:<br>Mixed Salad   | Sides: Baby Roasted Potatoes and Sweetcorn                                       | Sides:<br>Steamed Rice  | Sides:<br>Parmentier Potatoes and a Mixed<br>Leaf Salad                                 |
| Salad Bar:<br>Selection of Basic and<br>Composite Salads with<br>Scotch Eggs  | Salad Bar: Selection of Basic and Composite Salads with Pakora Selection served with a Yoghurt Dressing | Salad Bar:<br>Selection of Basic and Composite Salads<br>with Chilli Quesadillas | Salad Bar:<br>Selection of Basic and Composite Salads<br>with Falafels served in Pitta Breads | Salad Bar:<br>Selection of Basic and Composite<br>Salads with<br>Prawn Cocktail Platter |
| Hot Dessert:<br>Banana Sponge served with Fresh<br>Custard  | Hot Dessert:<br>Apple and Cinnamon Tray Bake<br>served with Fresh Custard                               | Hot Dessert:<br>Cornflake Tart<br>Served with Fresh Custard                      | Hot Dessert:<br>Loaded Brownies   | Hot Dessert:<br>Cherry Filled Chelsea Buns  |
| Cold Dessert:<br>Blackcurrant Jelly   | Cold Dessert:<br>Lemon Tart   | Cold Dessert:<br>Sprinkle Cake   | Cold Dessert:<br>Angel Delight  | Cold Dessert:<br>Slice of Arctic Roll   |

## Available Daily:

- -Vegan and Dietary menus always available
- 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 wraps and sandwiches, Soup and Jacket Potato

Week Commencing:

24/01/22 21/02/22

21/03/22

