

Northampton High School Spring – Week One



Monday	Tuesday	Wednesday	Thursday	Friday
Smoky Minced Beef Chilli Con Carne served with Steamed Rice and Tortilla Chips	Jumbo Hot Dog or Vegan Hot Dog served with Sliced Onions and Assorted Relish	Roasted Chicken Breast Served with Sage and Onion Stuffing & Fresh Gravy	Chicken Tikka Served with Pilau Rice, Coriander Naan Bread, Poppadum & Mango Chutney	Breaded Fish or Fish Fingers Served with Fresh Lemon Wedge & Tartare sauce
Tuscan Bean Stew served with Steamed Rice and Garlic Bread	Weekly Special Available From 12:20 Chicken Shawarma or Roasted Butternut Shawarma Lebanese Spiced Chicken or Squash Served in A Khobez Flatbread with A Choice Of Salads & Sauces	Stuffed Courgette with A Rich Tomato, Garlic & Herb Vegan Quorn Ragu	Cauliflower & Macaroni Cheese Served with A Side Salad & Garlic Bread	Spinach and Ricotta Cannelloni served with Mixed Leafy Salad
Sides: Mixed Leafy Salad	Sides: Jacket Wedge Potatoes Mixed leafy Salad	Sides: Roasted Potatoes, Sliced Carrots and Peas	Sides:	Sides: Chipped Potatoes, Mushy Peas and Baked Beans
Salad Bar: A Selection of Basic and Composite Salads with Sardine and Lemon Platter	Salad Bar: A Selection of Basic and Composite Salads with Chicken Caesar Salad	Salad Bar: A Selection of Basic and Composite Salads with Spicy Cheese Quesadilla	Salad Bar: A Selection of Basic and Composite Salads with Onion Bhaji	Salad Bar: A Selection of Basic and Composite Salads with Scotch Eggs
Hot Dessert: Sticky Toffee Pudding Served with Fresh Toffee Sauce	Hot Dessert: Banana Fritters served with Warm Syrup	Hot Dessert: Chocolate Sponge served with Strawberry Custard	Hot Dessert: Apple and Pear Crumble Served with Cream	Hot Dessert: Syrup Sponge served with Fresh Custard
Cold Dessert: Cheese and Biscuits	Cold Dessert: Rocky Road	Cold Dessert: Smoothie Pots	Cold Dessert: Loaded Cheesecake	Cold Dessert: Banoffee Pie

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:

03/01/22 31/01/22

28/02/22 28/03/22

