

# Early Years Lunch Menu: Week Four



NORTHAMPTON  
HIGH SCHOOL

|                 | Monday   | Tuesday  | Wednesday  | Thursday  | Friday                               |
|-----------------|--|--|--|---|--------------------------------------|
| BREAKFAST       | A SELECTION OF CEREALS, TOASTS                         | A SELECTION OF CEREALS, TOASTS   | A SELECTION OF CEREALS, TOASTS   | A SELECTION OF CEREALS, TOASTS  | A SELECTION OF CEREALS, TOASTS       |
| MORNING SNACK   | Fruit Bowl   | Malt Loaf  | Banana and Digestives  | Mini Cheddar Biscuits   | Broccoli                             |
| LUNCH           | Chicken or Vegan Meatballs Served with Pasta and Salad | Breaded Fish or Vegan Schnitzel Served with New Potatoes and Sweetcorn | Roast Gammon or Vegetable Gratin Served with Seasonal Vegetables and Gravy | Minced Beef or Cheese and Onion Puff Pie Served with Mashed Potato and Peas | Katsu Chicken Curry Served with Rice |
| DESSERT         | Apple Crumble and Custard                              | Jelly  | Rice Pudding   | Flapjack  | Shortbread                           |
| AFTERNOON SNACK | Samosa with Mango Chutney                              | Toasted Teacakes   | Corn Cobs  | Falafel and Dip   | English Muffins                      |
| TEA             | Potato Croquets and Spaghetti Hoops                    | Pizza and Cucumber   | Jacket Potato with Cheese and Beans  | Vegetable Burger and Salad  | Wraps with a selection of Fillings   |

## Available Daily:

- Vegan and dietary menus always available
- Fresh seasonal fruit, fruit pots and assorted yoghurts

## Week Commencing:

- 23/09/24 - 21/10/24  
- 18/11/24 -