Harrow High School

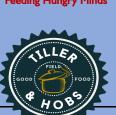
Lunch Menu: 3 Week Cycle October 2022 to April 2023

Veek Commencing:









Lunch Menu - Week 1 Wednesday

Friday Roast Vegetable Calzone with Garlic & Paprika Potato Chicken & Sweetcorn Meatballs with Pasta and Garlic hef's Special Chilli Con Carne with Steamed Rice Roast Topside of Beef with Roast Potatoes and Gravy Battered Fish with Fries Bread Wedges egetarian Option Neapolitan Pasta Spicy Bean Quesadilla Butternut & Vegetable Plait Mac & Cheese with Garlic & Paprika Potato Wedges American Quorn Hot Dog with Fries venting veggie favourites Jacket Potato & Cheese, Baked Beans, Coleslaw or Jacket Potato & Cheese, Baked Beans, Coleslaw, cket Potato Option Tuna Mayonnaise or Salmon Mayonnaise Tuna Mayonnaise Tuna Mayonnaise Tuna Mayonnaise Tuna Mayonnaise eg of the Day Full House Salad and Broccoli House Slaw and Sweetcorn Honey Roast Parsnips and Steamed Greens Tomato Salad and Sweetcorn Garden Peas and Baked Beans Lemon & Zucchini Traybake Mexican Milk Cake Oaty Apple Crumble with Vanilla Custard Chocolate Cracknell Banana Cake with Apple Compote

31st October, 21st November, 12th December, 2nd January, 23rd January, 6th March





Lunch Menu - Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday		
Chef's Special	Chicken Sausage with Mashed Potato & Onion Gravy	Spaghetti Bolognese with Garlic Bread	Roast Turkey with Roast Potatoes & Gravy	Chicken Curry with Steamed Rice or Bombay Potatoes	Battered Fish with Fries		
Vegetarian Option Reinventing veggie favourites	Quorn Vegan Sausage with Mashed Potato & Onion Gravy	Vegetable & Lentil Bolognese with Pasta	Cauliflower, Broccoli & Sweet Potato Bake	Sweet Potato & Lentil Curry with Steamed Rice or Bombay Potatoes	Vegetarian Piri Piri Wrap		
Jacket Potato Option	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw, Tuna Mayonnaise or Salmon Mayonnaise		
Veg of the Day	Carrots and Broccoli	Panzanella Salad and Garden Peas	Wilted Greens and Carrot & Swede Mash	Tomato Sambal and Roast Cauliflower	Garden Peas and Baked Beans		
Just Dessert Desserts, cakes & bakes	Pear & Berry Pie with Custard	Apple & Cinnamon Muffin Traybake	Peach Sponge with Custard	Indian Spiced Cookie	Plant Based Chocolate Brownie		

Week Commencing: 7th November, 28th November, 9th January, 30th January, 20th February, 13th March



Lunch Menu - Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday		
Chef's Special	Meatballs with Tagine Sauce with Coriander Rice	BBQ Chicken with Cajun Potato Wedges	Roast Chicken with Roast Potatoes and Gravy	Keema Curry with Steamed Rice and Raita	Fish Finger Bap with Fries		
Vegetarian Option Reinventing veggie favourites	Chickpea & Vegetable Tagine with Coriander Rice	Spicy Bean Burger with Cajun Potato Wedges	Roast Root Vegetable & Sage Wellington	Roast Lentil Loaf	Red Lentil & Veg Sausage Roll with Fries		
Jacket Potato Option	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw, Tuna Mayonnaise or Salmon Mayonnaise		
Veg of the Day	Carrots & Broccoli	Vegetable Medley and Sweetcorn	Roasted Vegetables & Spinach	Green Beans & Carrots	Peas and Baked Beans		
Just Dessert Desserts, cakes & bakes	Pineapple Upside Down Cake with Custard	Apple Pie with Custard	Lemon Drizzle Cake	Pear Crumble with Custard	Plant Based Chocolate Brownie		

Week Commencing: 14th November, 5th December, 16th January, 6th February, 27th February, 20th March

> Jacket Potato with a variety of fillings and a selection of salads and fresh fruits will be available daily. We will offer a selection of dishes from our "Concepts" range including "Ciao Pasta", "Ciao Pizza", "Philly Mac & Co", "Moshi Moshi Noddles" In addition, a selection of chilled foods will be available through our Graze range: sandwiches, baquettes, dessert pots Full recipe and allergen information is available for all dishes within the dining area and at point of sale. Please do ask a member of the catering team if you require any further information