

# world kitchen



## High School Menu

## Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Meatballs served with spaghetti, garlic bread and salad	Homemade chicken and leek pie served with mashed potato and glazed carrots	Roast pork, served with Yorkshire pudding, roast potatoes, parsnips and green beans	Homemade lasagne served with mixed salad and garlic bread	Battered fish served with chips and mushy peas
VEGETARIAN CHOICE	Meatless burger with katsu curry sauce served with rice & salad	Cheesy vegetable enchilada served with homemade coleslaw	Meatless sausages with Yorkshire pudding, served with roast potatoes and green beans	Plant based burger in a bun served with salsa & oven baked wedges	Spicy black bean taco with salsa and sweet potato fries
RICE n SPICE	Mixed bean and vegetable wrap served with coleslaw and homemade potato wedges	Sweet potato curry served with rice and naan bread	Aromatic beef pilaf served with mango chutney & salad	Chicken enchilada served with cajun spiced potatoes and salad	Chilli non carne served with rice & salad

Traditional pudding plus fresh fruit or yoghurt available daily

Menu items subject to change  
 Please note that we will always restart on Week 1 following a holiday  
 All items subject to availability

[www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)



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## High School Menu

## Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Chicken burger served in a brioche bun served with red cabbage slaw and oven baked wedges	Oven baked sausages with mashed potato and caramelised red onion gravy served with garden peas	Roast turkey served with Yorkshire pudding, roast potato, glazed carrots and green beans	Homemade minced beef pie with mashed potatoes, cabbage and glazed carrots	Battered fish served with chips, baked beans or mushy peas
VEGETARIAN CHOICE	Macaroni cheese served with garlic bread and salad	Cajun spiced roasted vegetable stew served with rice & coriander yoghurt	Turkish style pide served with salad	Vegetarian cottage pie served with cabbage and carrots	Roasted garlic, tomato and meatless mince pasta served with salad
RICE n SPICE	Tomato, pepper and bean ragu served with brown rice	Lamb kofta served in a flatbread with salsa and salad	Hoisin style beef served with noodles	Butter chicken served with rice and salad	Sweet chilli salmon served with herby new potatoes & peas

Traditional pudding plus fresh fruit or yoghurt available daily

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## High School Menu

## Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Beef burger in a bun served with oven baked wedges and salad	Minced beef & dumpling served with mashed potatoes and glazed carrots	Roast gammon served with Yorkshire pudding, roast potatoes, red cabbage and garden peas	Pork and chorizo pie served with sweetcorn & broccoli	Battered fish and chips served with baked beans or mushy peas or Salmon fishcake
VEGETARIAN CHOICE	Indian potato pie served with lentil dhal and tomato & onion salad	Meatless sausage casserole served with mashed potatoes and glazed carrots	Roasted vegetable wrap served with sweet chilli salsa & salad	Mexican style mixed bean lasagne with garlic bread and salad	Cheese and cherry tomato quiche served with chipped potatoes & salad
RICE n SPICE	Chicken Jalfrezi served with brown rice, naan bread & salad	Chilli beef burrito served with homemade potato wedges & salad	Lentil fritters served in a flatbread with slaw & sweet mint yoghurt dressing	Minced beef keema matar served with sweet potato saag aloo	Buttermilk chicken served with chipped potatoes & coleslaw

Traditional pudding plus fresh fruit or yoghurt available daily

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