



South Bromsgrove High School

Week 1

Monday

- **Meat:** Beef chilli, rice and nachos
- **Vegetarian:** Jacket potato cheese & beans with fresh salad
- **Chef's Special:** Please see boards for details
 - **Dessert:** Fruit cookie

Tuesday

- **Meat:** Theo's southern baked chicken fillet burger in pitta, wedges & salad
- **Vegetarian:** Veggie pasty, carrots & boiled potatoes
- **Chef's Special:** Please see boards for details
 - **Dessert:** Fruit topped mousse

Wednesday

- **Meat:** Roast of the day, roast potatoes, fresh vegetables & yorkies
- **Vegetarian:** BBQ veggie balls, rice and peppers
- **Chef's Special:** Please see boards for details
 - **Dessert:** Fruit crumble & custard

Thursday

- **Meat:** Sausage casserole & sautéed potatoes
- **Vegetarian:** Mixed vegetable burrito & salad
- **Chef's Special:** Please see boards for details
 - **Dessert:** Fruit flap jack

Friday

- **Fish:** Battered fish, chips & peas
- **Vegetarian:** Cheese vegetable bake & salad
- **Chef's Special:** Please see boards for details
 - **Dessert:** Ice cream

Daily extras: A Selection of Sandwiches, Salads, Yogurts and Fresh Fruit are Available Daily.

Steamed Salmon Fillet is available every Friday.
Please pre order if you require this option

Choice of cold desserts



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Week 2

Monday

- **Meat:** Pork & carrot meatball spaghetti in a tomato sauce
- **Vegetarian:** Veggie pizza & salad
- **Chef's Special:** Please see boards for details
- **Dessert:** Cornflake tart

Tuesday

- **Meat:** Theo's posh dog in bun, slaw & salad
- **Vegetarian:** Veggie toad in the hole, cabbage & mash
- **Chef's Special:** Please see boards for details
- **Dessert:** Jam sponge & custard

Wednesday

- **Meat:** Roast of the day, roast potatoes, fresh veg & yorkies
- **Vegetarian:** Cheddar cheese and potato pie, fresh veg
- **Chef's Special:** Please see boards for details
- **Dessert:** Fruit whip

Thursday

- **Meat:** Chicken & mushroom pie, herby diced potatoes & gravy
- **Vegetarian:** Vegetable curry, rice & naan bread
- **Chef's Special:** Please see boards for details
- **Dessert:** Cookie

Friday

- **Fish:** (GF) Fish fingers, chips & sweetcorn
- **Vegetarian:** Veggie samosa, chips & salad
- **Chef's Special:** Please see boards for details
- **Dessert:** Toffee sponge cake

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Choice of cold desserts



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Week 3

Monday

- **Meat:** Hunters chicken, new potatoes & green beans
- **Vegetarian:** Veggie burger in bun, cucumber, carrot sticks & hash browns
- **Chef's Special:** Please see boards for details
- **Dessert:** Chocolate cake

Tuesday

- **Meat:** Beef lasagna & wedges
- **Vegetarian:** Pasta King Cheese bake & salad
- **Chef's Special:** Please see boards for details
- **Dessert:** Fruit jelly

Wednesday

- **Meat:** Roast of the day, roast potatoes, fresh veg & yorkies
- **Vegetarian:** Veggie sausages, fresh veggies & roast potatoes
- **Chef's Special:** Please see boards for details
- **Dessert:** Cheesecake

Thursday

- **Meat:** Bacon pasta bake & salad
- **Vegetarian:** Veggie chilli, rice & naan bread
- **Chef's Special:** Please see boards for details
- **Dessert:** Fruit Shortbread

Friday

- **Fish:** Goujons, rice & salad
- **Vegetarian:** Nuggets, chips & beans
- **Chef's Special:** Please see boards for details
- **Dessert:** Jam doughnut

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Please pre order if you require this option

Choice of cold desserts