

## Hot Meal Henw Winter 2023 St. Mark's Secondary



## Week One | 30th Oct | 20th Nov | 11th Dec | 15th Jan | 5th Feb | 4th Mar | 25th Mar

Monday

Pork sausages with gravy & creamy mashed potato or Tomato pasta & garlic bread (ve)

Pizza Tuesdan

BBQ chicken sub with waffle fries or Cheese & tomato pizza with waffle fries (v)

Meat-free Wednesday

Macaroni cheese & garlic bread (v) or Vegetable goujons with potato wedges (ve) All dishes are served

with

seasonal veg

Roast Thursday

Roast chicken & mini pork sausage with gravy & roast potatoes or Vegetarian pasty with gravy and roast potatoes (v)

Fish Friday

Fish fingers with lemon mayonnaise & chips or Sweet potato & lentil curry with rice & naan bread (ve)

## Week Two | 6th Nov | 27th Nov | 1st Jan | 22nd Jan | 19th Feb | 11th Mar

Katsu chicken curry with rice or

Monday

Vegetarian sausages with potato crispers (ve)

/ All dishes are served

Pizza Tuesday

Beef Bolognese pasta or <u>Cheese & tomato pizza</u> with potato wedges (v)

Meat-free Wednesday

Vegan sausage roll with mashed potato (ve) or Tomato pasta with garlic bread (ve)

seasonal veg & salad

Roast Thursday

Roast pork with pork sausage, gravy and roast potatoes or Cheesy whirl with gravy and roast potatoes (v)

Fish Friday

Salmon fishcakes with lemon mayonnaise & chips or Quorn nuggets with BBQ sauce & chips (ve)

## Week Three | 13th Nov | 4th Dec | 8th Jan | 29th Jan | 26th Feb | 18th Mar

Monday

Chicken nuggets with mashed potato and gravy or Vegetarian burger with mashed potato and gravy (ve)

Pizza Tuesday

Cheesy bacon pasta with garlic bread or Cheese & tomato pizza with potato crispers (v)

Meat-free Wednesday

Quorn burger in a bun with waffle fries (v) or Vegetarian Bolognese with pasta (v)

Pie Thursday

Chicken & sweetcorn pie with gravy & roast potatoes or Veggie sausage turnover with gravy & roast potatoes (v)

Fish Friday

Battered fish with herb mayonnaise with chips or Cheese & potato patty with chips (v)

All dishes are served

with

seasonal veg

& salad