

Early Years Lunch Menu: Week Three



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 | Pancakes | Brioche | Strawberries | Malt Loaf |
| LUNCH | Chicken or Cauliflower Curry Served with Rice and Naan | Macaroni Cheese Served with Garlic Bread and Salad | Roast Chicken or Quorn Fillet Served with Roast Potatoes, Mixed Vegetables and Gravy | Bacon and Cheese Potato Gratin Served with Carrots and Peas | Pork or Vegan Sausage Served Potato Croquettes and Baked Beans |
| DESSERT | Chocolate Shortbread | Apple Crumble and Custard | Iced Finger | Smoothies | Fruit |
| AFTERNOON SNACK | Veg Sticks | Corn Cobs | Yoghurts | Vegetable Spring Roll | Sugar Snap Peas |
| TEA | Pasta with Cheese and Tuna | Sausage Rolls with Beans | Crumpets with Cheese and Cucumber | Eggs on Toast | Pitta Breads with a selection of fillings |

Available Daily:

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

Week Commencing:

- 16/09/24 - 14/10/24
- 11/11/24 - 09/12/24