

Week commencing 3 February 2025

Birchwood High School Lunch

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u> Treat Day
SOUP	SOUP	SOUP	SOUP	SOUP
Leek and potato	Broccoli	Chicken noodle	Tomato and basil	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Pork sausage served with GF gravy, parsley mashed potato, Steamed peas and sweetcorn.	Thai green chicken curry and rice served with Roasted carrots and steamed broccoli.	Roast gammon steak and pineapple served with potato wedges, peas and sweetcorn.	Roast chicken and stuffing with roast potatoes, honey roast parsnips, steamed carrots, Yorkshire pudding and GF gravy.	Beef burger served with oven chips, peas or baked beans.
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Vegetarian sausage served with GF gravy, parsley mashed potato, Steamed peas and sweetcorn	Thai red vegetable curry and rice served with Roasted carrots and steamed broccoli.	Vegetable pastie served with potato wedges, peas and sweetcorn.	Stuffed red pepper topped with cheese served with roast potatoes, honey roast parsnips, steamed carrots, Yorkshire pudding and GF gravy.	Halloumi cheese, tomato and little gem lettuce in a bun served with oven chips, peas or baked beans.
HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING
Jacket potato bar: Fresh baked jacket potato served with either baked beans, cheese, tuna or coleslaw	Jacket potato bar: Fresh baked jacket potato served with either baked beans, cheese, tuna or coleslaw	Jacket potato bar: Fresh baked jacket potato served with either baked beans, cheese, tuna or coleslaw	Jacket potato bar: Fresh baked jacket potato served with either baked beans, cheese, tuna or coleslaw	Jacket potato bar: Fresh baked jacket potato served with either baked beans, cheese, tuna or coleslaw

We understand that food allergies can present a serious concern for some of our students. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.
*Menu may be subject to change

Week commencing 10 February 2025

Birchwood High School Lunch

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
SOUP	SOUP	SOUP	SOUP	SOUP
Leek and potato	Honeyed parsnip	Cream of tomato	Chicken noodle	
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Beef bolognaise and pasta with garlic bread, green beans and carrots.	Lamb Kofta in a folded flatbread served with couscous, curried cauliflower and sweet chilli green beans.	Chicken curry and rice with steamed peas, carrots and naan.	Beef and onion pie served with roast potatoes, carrots, honey roast parsnips and a GF gravy.	
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Gnocchi pasta in a pesto sauce with garlic bread, green beans and carrots.	Chickpea falafel in a folded flatbread served with couscous, curried cauliflower and sweet chilli green beans.	Vegetable curry and rice with steamed peas, carrots and naan.	Creamy vegetable pie served with roast potatoes, carrots, honey roast parsnip and a GF gravy.	
HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING
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Week commencing 24 February 2025

Birchwood High School Lunch

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
SOUP	SOUP	SOUP	SOUP	SOUP
Tomato and basil	Carrot and coriander	Chicken noodle	Leek and Potato	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Pork sausages served with GF gravy, parsley mashed potato, Steamed peas and sweetcorn.	Breaded chicken in a katsu curry sauce served with rice, sweet chilli green beans and steamed carrots.	Chilli con carne and rice with peas, sweetcorn and nacho chips.	Roast chicken and stuffing with roast potatoes, honey roast parsnips, steamed carrots, Yorkshire pudding and GF gravy.	Southern baked chicken with oven baked potato wedges, baked beans and peas.
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Vegetarian sausages served with GF gravy, parsley mashed potato, Steamed peas and sweetcorn	Vegetable curry served with rice, sweet chilli green beans and steamed carrots.	Quorn chilli and rice with peas, sweetcorn and nacho chips.	Red onion and beetroot tart tatin with roast potatoes, honey roast parsnips, steamed carrots, Yorkshire pudding and GF gravy.	Cheese and onion slice served with oven baked potato wedges, baked beans and peas.
HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING
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