

Week commencing 6 January 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
	Broccoli	Tomato and basil	Leek and potato	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
	Pork sausage served with creamy mashed potato, peas and sweetcorn.	Chilli con carne and rice served with green beans, sweetcorn and taco chips.	Roast turkey, sage & onion stuffing and pigs in blankets served with GF gravy, Yorkshire pudding, roast potatoes, carrots and honey roast parsnips.	Grilled doner meat wrapped in pitta bread filled with salad, red onion, pickled red cabbage and minted yogurt served with chips.
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
	Quorn sausage served with creamy mashed potato, peas and sweetcorn	Quorn and sweet potato chilli and rice served with green beans, sweetcorn and taco chips.	Nutless roast served with GF gravy, Yorkshire pudding, roast potatoes, carrots and honey roast parsnips.	Grilled chickpea falafel wrapped in pitta bread filled with salad, red onion, pickled red cabbage and minted yogurt served with chips.
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

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 13 January 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
Cream of Tomato	Carrot and coriander	Chicken noodle	Leek and Potato	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Pasta bolognaise served with garlic bread, peas and roasted mediterranean vegetables.	Lamb kofta skewer served in a folded flatbread with rice, Mediterranean vegetables and carrots.	Roast gammon steak and pineapple served with homemade potato wedges, steamed carrots and green beans.	Beef and onion pie and GF gravy served with roast potatoes, honey roast parsnips and broccoli.	Beef burgers served with oven chips, peas or baked beans.
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Quorn arrabiata served with pasta, garlic bread, peas and roasted mediterranean vegetables.	Vegetable tagine served with rice, Mediterranean vegetables and carrots.	Vegetable pastie served with homemade potato wedges, steamed carrots and green beans.	Cheese and potato pie and GF gravy served with roast potatoes, honey roast parsnips and broccoli.	Halloumi and salad 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

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Week commencing 20 January 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	Broccoli	Chicken noodle	Tomato and basil	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Sausage and parsley mash served with peas and carrots.	Chicken curry and rice served with green beans, carrots and naan bread.	Jerk chicken with homemade potato wedges, green beans and roasted butternut squash.	Roast chicken and stuffing served with Yorkshire pudding, GF gravy, roast potatoes, steamed broccoli and carrot batons.	Southern baked chicken with oven baked potato wedges, baked beans and peas.
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Quorn sausage and parsley mash served with peas and carrots	Vegetable curry and rice served with green beans, carrots and naan bread.	Jerk vegan burgers with homemade potato wedges, green beans and roasted butternut squash.	Beetroot and red onion tart served with Yorkshire pudding, GF gravy, roast potatoes, steamed broccoli and carrot batons.	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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Week commencing 27 January 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
Cream of tomato	Chicken noodle	Leek and potato	Honeyed parsnip	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Pasta bolognaise served with garlic bread, green beans and sweetcorn.	Lamb kofta in a folded flatbread served with rice, carrots and peas.	Beef stroganoff served with creamy mashed potato, peas and sweetcorn.	Beef and onion pie served with GF gravy, roast potatoes, honey roast parsnips and carrots.	Grilled doner meat wrapped in pitta bread filled with salad, red onion, pickled red cabbage and minted yogurt served with chips.
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Pesto gnocchi served with garlic bread, green beans and sweetcorn.	Vegetable tagine served with rice, carrots and peas.	Mushroom stroganoff served with creamy mashed potato, peas and sweetcorn.	Stuffed red pepper served with GF gravy, roast potatoes, honey roast parsnips and carrots.	Grilled chickpea falafel wrapped in pitta bread filled with salad, red onion, pickled red cabbage and minted yogurt served with chips.
HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING
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