

Week commencing 4 March 2024

Birchwood High School Lunch

<u>MONDAY</u>	<u>TUESDAY</u> <u>Australian Theme</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u> <u>Roast Day</u>	<u>FRIDAY</u> <u>Treat Day</u>
SOUP	SOUP	SOUP	SOUP	SOUP
Cream of tomato	Pumpkin	Broccoli	Chicken noodle	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Pork sausages served with mashed potato, steamed carrots, peas and GF gravy	Australian beef pie served with potato wedges, roasted pumpkin and roasted Brussel sprouts	Pulled pork ragu served with pasta, steamed carrots, green beans and garlic bread	Roast chicken and stuffing served with roast potatoes, sweetcorn, green beans and GF gravy	Homemade beef burger in a brioche bun served with oven chips, peas or baked beans.
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Vegan sausages served with mashed potato, steamed carrots, peas and GF gravy	Creamy vegetable and rice bake served with roasted pumpkin and roasted Brussel sprouts	Macaroni cheese served with steamed carrots, green beans and garlic bread	Beetroot and red onion tarte tatin served with roast potatoes, sweetcorn, green beans and GF gravy	Grilled halloumi, beef tomato and little gem bap 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 11 march 2024

Birchwood High School Lunch

<u>MONDAY</u>	<u>TUESDAY</u> <u>Chinese Theme</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u> <u>Roast Day</u>	<u>FRIDAY</u> <u>Treat Day</u>
SOUP	SOUP	SOUP	SOUP	SOUP
Broccoli	Miso	Tomato and basil	Chicken and sweetcorn	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
beef bolognaise and pasta served with steamed broccoli and carrots	Chicken stir-fry and egg noodles served with fried greens and aubergine and bean sprout stir-fry	Chilli con carne and rice served with green beans and roasted butternut squash	Pork and mushroom pie served with roasted potatoes, carrots, sweetcorn and GF gravy	Battered fish and chips served with mushy peas and baked beans
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Vegetable arrabiata and pasta served with steamed broccoli and carrots	Grilled tofu and egg noodles served with fried greens and aubergine and bean sprout stir-fry	Quorn chilli and rice served with green beans and roasted butternut squash	Roasted vegetable pie served with roasted potatoes, carrots, sweetcorn and GF gravy	Fish free fillets and chips served with mushy peas and baked beans
HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING
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Week commencing 18 March 2024

Birchwood High School Lunch

<u>MONDAY</u>	<u>TUESDAY</u> Moroccan Theme	<u>WEDNESDAY</u>	<u>THURSDAY</u> Roast Day	<u>FRIDAY</u> Treat Day
SOUP	SOUP	SOUP	SOUP	SOUP
Chicken noodle	Spicy sweet potato	Cream of tomato	Broccoli	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Katsu chicken and rice served with sweet chilli green beans and sweetcorn	Lamb kofta in a folded flatbread served with Moroccan cous cous, garlic green beans and honey glazed carrots	Pork stroganoff and rice served with roasted vegetable and green beans	Roast chicken and stuffing served with roasted potatoes, broccoli, carrots, GF gravy and Yorkshire pudding	Doner meat in a folded flatbread with pickled red cabbage, red onion and iceberg lettuce served with chips
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Vegetable madras and rice served with sweet chilli green beans and sweetcorn	Vegetable tagine served with Moroccan cous cous, garlic green beans and honey glazed carrots	Vegetable stroganoff and rice served with roasted vegetable and green beans	Stuffed red pepper served with roasted potatoes, broccoli, carrots, GF gravy and Yorkshire pudding	Falafel in a folded flatbread with pickled red cabbage, red onion and iceberg lettuce served with chips
HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING	HOTJACKET FILLING
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Week commencing 25 March 2024

Birchwood High School Lunch

<u>MONDAY</u>	<u>TUESDAY</u> <u>Italian Theme</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u> <u>Roast Day</u>	<u>FRIDAY</u> <u>Treat Day</u>
SOUP	SOUP	SOUP	SOUP	SOUP
Chicken noodle	Minestrone	Tomato and basil	Broccoli	Chef's Choice
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Sausage casserole served with mashed potato, steamed carrots and peas	Creamy beef ragu and pasta served with ratatouille, steamed broccoli and garlic bread	Hunters chicken served with potato wedges, peas and sweetcorn	Beef and onion pie served with roasted potatoes, broccoli, honey roasted parsnips and GF gravy	Pork sausage in a bun and chips served with peas or baked beans
VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE	VEGETARIAN COURSE
Vegetable casserole served with mashed potato, steamed carrots and peas	Pesto gnocchi served with ratatouille, steamed broccoli and garlic bread	Vegetable tarte tatin served with potato wedges, peas and sweetcorn	Cheese and potato pie served with roasted potatoes, broccoli, honey roasted parsnips and GF gravy	Vegetarian sausage in a bun and chips served with 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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