

GREAT SANKEY HIGH SCHOOL CATERING DEPARTMENT MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
<p>COTTAGE PIE Fresh minced beef cooked with onions, carrots and peas in stock then topped with mashed potato and baked in the oven until golden and served carrot batons with gravy</p>	<p>BEEF BOURGUINON Chunks of fresh beef cooked slowly with onions, carrots herbs and stock. Served with new potatoes and broccoli</p>	<p>ROAST DINNER Home roasted boneless leg of pork served with stuffing, roast potatoes, seasonal vegetables and gravy</p>	<p>CHICKEN BALTI Fresh chicken cooked with onions, garlic, tomatoes and spices and served on a bed of basmati rice with a green bean and coconut salad</p>	<p>BATTERED COD A cod fillet battered, flash fried then baked in the oven until crisp and golden. Served with chips, garden peas and tartar sauce</p>
OR	OR	OR	OR	OR
<p>CHEESE & POTATO PIE A pastry case filled with cheese, potatoes and eggs then baked in the oven until golden and served with homemade spicy potato wedges and creamed leeks</p>	<p>REGGAE REGGAE SWEET POTATO CURRY Sweet potatoes, onions and peppers cooked in a Reggae Curry sauce and served on a bed of pilaf rice</p>	<p>Vegetarian Lasagne Served with a tossed salad Garlic bread</p>	<p>MIXED BEAN & AUBERGINE TAGINE With cous cous</p>	<p>POACHED SALMON A salmon fillet simply poached in water and served with dauphinoise potatoes and garden peas</p>
JACKET POTATOES, SOUPS AND PASTAS ARE ALSO AVAILABLE EVERYDAY				
OR				
HOT ALTERNATIVE – DELI BAR				
Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.				
DESSERTS				
Chocolate with chocolate custard	Eton mess	Coconut macaroon custard	Lemon tart with crème fresh	Chefs choice Gateaux
A selection of home bakery, yogurts fresh fruit and fruit pots is also available everyday				



GREAT SANKEY HIGH SCHOOL CATERING DEPARTMENT MENU CYCLE WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday
<p>SWEET & SOUR CHICKEN Pieces of fresh chicken cooked with onions, peppers and pineapple in a sweet & sour sauce, served on a bed of rice with green beans</p>	<p>SPAGHETTI BOLOGNAISE Fresh minced beef cooked with onions, mushrooms, tomatoes and herbs in a stock and served on a bed of spaghetti with a mixed salad</p>	<p>ROAST Pork Home roasted pork served with seasonal vegetables, mash potatoes and gravy</p>	<p>BEEF LASAGNE Fresh minced beef cooked with garlic, onions, tomatoes and herbs and layered up with lasagne pasta sheets, then topped with a béchamel sauce and baked in the oven until golden. Served with garlic and salad</p>	<p>BATTERED COD Battered fish Paprika spice served with chips, garden peas and tartar sauce</p>
OR	OR	OR	OR	OR
<p>HOMEMADE QUICHE A pastry case filled with cheese and eggs and baked in the oven until golden. Served with ½ a jacket potato, salad & coleslaw</p>	<p>PAN HAGGERTY Quorn hot pot Served with seasonal vegetables</p>	<p>BEAN & VEGETABLE CHILLI A selection of vegetables and beans cooked with onion and tomatoes in a mild chilli powder and served on a bed of rice</p>	<p>ROASTED VEG AND GOATS CHEESE CIABTTA A ciabatta bread topped with a selection of home roasted Mediterranean vegetables</p>	<p>MARCARONI CHEESE Macaroni pasta cooked and smothered in a homemade cheese sauce and baked in the oven and served with salad</p>
JACKET POTATOES, SOUPS AND PASTAS ARE ALSO AVAILABLE EVERYDAY				
OR				
HOT ALTERNATIVE – DELI BAR				
Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, turkey, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.				
FOR DESSERT				
Apple and cinnamon crumble with custard	Summer fruit with crème fresh	Steamed syrup sponge custard	Trifle	Fruit scone with cream
A selection of home bakery, yogurts fresh fruit and fruit pots is also available everyday				



GREAT SANKEY HIGH SCHOOL CATERING DEPARTMENT MENU CYCLE WEEK 3



Monday	Tuesday	Wednesday	Thursday	Friday
<p>PIE & MASH A pastry case filled with chunks of fresh beef cooked slowly with onions, carrots and potatoes in stock and topped with a pastry lid. Served with mashed potatoes, carrot & turnip and gravy</p>	<p>BEEF TIKKA Chunks of fresh beef cooked with onions, garlic, ginger, chillies and fresh coriander served on a bed of rice</p>	<p>Roast Turkey Home roasted gammon served with seasonal vegetables, mash potatoes and gravy</p>	<p>SAUSAGE PLAIT Shortcrust pastry filled with sausage meat and then plaited over the top and baked in the oven served with peas and sweetcorn and new potatoes</p>	<p>LEMON & LIME BATTERED COD ????? A cod fillet battered, flash fried then baked in the oven until crisp and golden. Served with chips</p>
OR	OR	OR	OR	OR
<p>VEGETARIAN BOLOGNAISE Vegemince cooked with onions, garlic, tomatoes, mushrooms and herbs and served on a bed of spaghetti pasta with garlic bread</p>	<p>QUORN CURRY Pieces of Quorn cooked with onions and spices and served on a bed of yellow rice</p>	<p>Vegetarian filled pitta Quorn pieces with cheese</p>	<p>BLACK BEAN & POTATO BURRITO Served with a salsa sauce and salad</p>	<p>VEGETARIAN PIZZA A pizza topped with homemade tomato sauce, cheese and a selection of vegetables served with a cous cous salad</p>
JACKET POTATOES, SOUPS AND PASTAS ARE ALSO AVAILABLE EVERYDAY				
OR				
HOT ALTERNATIVE – DELI BAR				
Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, turkey, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.				
FOR DESSERT				
Chocolate orange dessert	Apricot crumble with custard	Lemon dessert	Yoghurt based dessert	Fresh fruit
A selection of home bakery, yogurts fresh fruit and fruit pots is also available everyday				



**GREAT SANKEY HIGH SCHOOL CATERING DEPARTMENT
MENU CYCLE WEEK 4**



Monday	Tuesday	Wednesday	Thursday	Friday
Sweet n sour Chicken Served with egg noodles	Beef Bolognaise Served with Spaghetti Garlic bread	Roast Gammon Served with seasonal vegetable and roast potatoes and gravy	Beef lasagne Served with a tossed salad and garlic bread	Battered Fish Served with chips garden peas and tartar sauce
Cheese quiche served with half a jacket and coleslaw	Pan Haggerty Served with vegetables of the day	Bean vegetable chilli with boiled rice	Roasted Vegetable Ciabbatta With Goats cheese A meal in its self	Macaroni Cheese with a tossed salad
JACKET POTATOES, SOUPS AND PASTAS ARE ALSO AVAILABLE EVERYDAY				
OR				
HOT ALTERNATIVE – DELI BAR				
Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, turkey, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.				
FOR DESSERT				
Ginger sponge and custard	Coconut rice pudding	Mouse and cream	Steamed Jam sponge custard	Cherry crumble and cream
A selection of home bakery, yogurts fresh fruit and fruit pots is also available everyday				

