Teesside High School
Education as it should be

Lunch Menu

Winter Menu - Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meals	Chicken Pie (H)	Spaghetti Bolognaise (H) *(Gluten Free available on request)* Served with Garlic Bread	Roast Chicken (H) served with Yorkshire Pudding *(Gluten Free available on request)*	Oriental Chicken Served with Rice (H)	Fish Fingers
	Wholemeal Pasta Served with Tomato & Basil Sauce (V)(VG)(H)	Fajita Chicken Wrap (H) *(Gluten Free available on request)*	Vegan Fillet (V)(VG)(GF)(H)	Pizza (V) *(Gluten Free available on request)*	Twice Baked Cheesy Jackets (V)(VG)
	Vegetable Potato Topped Pie (V)(VG)(GF)(H)	Vegan Bolognaise (V)(VG)(GF)(H)	Vegan Fillet (V)(VG)(GF)(H)	Vegan Pizza (V)(VG)(GF)(H)	Lentil Dahl Served with Rice (V)(VG)(GF)(H)
Vegetables	Baton Carrots Garden Peas	Sweetcorn	Baton Carrots Cabbage	Wholewheat Spaghetti Hoops Green Beans	Homemade Mushy Peas Sweetcorn
Potatoes	Mashed Potato	Garlic & Herb Potatoes	Mashed Potato	Savoury Wedges	Chipped Potatoes
Light Bites	A selection of seasonal salads and sandwiches are available each day. Jacket Potato served with beans, cheese or tuna.				
	Salad Bar and Deli Bar	Pasta Bar *(GF option available)*	Salad Bar and Deli Bar	Salad Bar and Deli Bar	Salad Bar and Deli Bar
Sweet of the Day	Iced Sponge	Bramley Apple Crumble Served with Custard	Brownie	Jam Sponge Served with Custard	Shortbread Biscuit
Cold Sweet	A choice of fresh fruit, yoghurts, or flavoured jelly are available each day.				

H = Halal, V = Vegetarian, VG = Vegan, GF = Gluten Free