Teesside High School
Education as it should be

Lunch Menu

Winter Menu - Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meals	Creamy Chicken Pasta (H) *(Gluten Free available on request)*	Cottage Pie (H)(GF)	Roast Gammon Served with Yorkshire Pudding *(Gluten Free available on request)*	Chicken Tikka Masala Served with Rice (H)(GF)	Hunters Chicken (H)(GF)
	Sausage Casserole	Southern Fried Chicken Wrap (H) *(Gluten Free available on request)*	Vegan Fillet (V)(VG)(GF)(H)	Steak & Vegetable Pie (H)	Fish Fingers
	Creamy Vegetable Pasta (V)(VG)(GF)(H)	Vegan Cottage Pie (V)(VG)(GF)(H)	Vegan Fillet (V)(VG)(GF)(H)	Vegetable Tikka Masala Served with Rice (V)(VG)(GF)(H)	Quorn Fishless Fingers (V)(VG)(H)
Vegetables	Batton Carrots Garden Peas	Green Beans Sweetcorn	Baton Carrots Cabbage	Cauliflower Broccoli	Peas Sweetcorn
Potatoes	Mashed Potato	Savoury Wedges	Mashed Potato	Baby Potatoes	Chips
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 *(Gluten Free option available)*	Salad Bar and Deli Bar	Salad Bar and Deli Bar	Salad Bar and Deli Bar
Sweet of the Day	Sprinkle Cake	Rice Pudding	Fruity Flapjack	Oaty Pear Crumble Served with Custard	Cookie Selection
Cold Sweet	A choice of fresh fruit, yoghurts or flavoured jelly are available each day.				

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