Teesside High School
Education as it should be

Lunch Menu

Winter Menu - Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meals	Mince & Dumplings (H) *(Gluten Free available on request)*	Savoury Rice with Chicken Strips (H)(GF)	Roast Chicken (H) served with Yorkshire Pudding *(Gluten Free available on request)*	Beef Lasagne Served with Garlic Bread (H) *(Gluten Free Beef Lasagne available on request)*	Chicken Burger (H) *(Gluten Free available on request)*
	Root Vegetable Casserole Served with Herby Dumplings (V)	Steak Hot Pot (H)(GF)	Vegan Fillet (V)(VG)(H)	Cajun Chicken (H)(GF)	Macaroni & Cheese (V)
	Wholemeal Pasta Served with Tomato & Basil Sauce (V)(VG)(H) *(Gluten Free available on request)*	Savoury Rice with Tofu (V)(VG)(GF)(H)	Vegan Fillet (V)(VG)(H)	Vegetable Lasagne Served with Garlic Bread (V)(VG)(GF)(H)	Vegan Macaroni & Cheese (V)(VG)(GF)(H)
Vegetables	Baton Carrots Garden Peas	Green Beans Sweetcorn	Baton Carrots Cabbage	Sweetcorn Peas	Green Beans Broccoli
Potatoes	Mashed Potato	Baby Potatoes	Mashed Potato	Garlic & Herb 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 *(GF option available)*	Salad Bar and Deli Bar	Salad Bar and Deli Bar	Salad Bar and Deli Bar
Sweet of the Day	Sprinkle Cake	Cornflake Tart Served with Custard	Oaty Flapjack	Vanilla Sponge Served with Custard	Ice Cream
Cold Sweet	A choice of fresh fruit, yoghurts or flavoured jelly are available each day.				

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