

# The Filling Station



# @ Southchurch High School

## WEEKLY LUNCH MENUS

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b>	<b>Main Meal</b>	Chicken Korma Served with Golden Vegetable Rice & Naan Bread	Pasta Bolognaise Served with Garlic Bread	Sausages With Yorkshire Pudding Vegetables Mashed Potato & Gravy	Mediterranean Chicken Served with Potato Wedges & Salad or Vegetables	Hot Dog or Battered Cod Served with Salad or Baked Beans & Chips
	<b>Vegetarian Meal</b>	Vegetable Pasta Bake Served with Garlic Bread & Salad	Vegetarian Bean Chilli Served With Tortillas & Salsa	Quorn Sausages With Yorkshire Pudding Vegetables Mashed Potato & Gravy	Vegetable Frittata Served with Potato Wedges & Salad or Vegetables	Vegetarian French Bread Pizza Served with Salad or Baked Beans & Chips
<b>WEEK TWO</b>	<b>Main Meal</b>	Spicy Chicken Fajitas served with Corn on the Cob & Coleslaw	Homemade Meatballs in a Tomato Sauce Served with Pasta & Garlic Bread	Roast Pork Served with Roast Potatoes Vegetables & Gravy	Beef Burger in a bun Served with Potato Wedges & Coleslaw	Chicken Nuggets or Battered Cod Served with Salad or Baked Beans & Chips
	<b>Vegetarian Meal</b>	Cheese & Leek Quiche served with Salad & New Potatoes	Mushroom & Spinach Lasagne Served with Salad & Garlic Bread	Vegetarian Cottage Pie Served with Vegetables & Gravy	Mediterranean Vegetable Burrito Served with Potato Wedges Salad or Vegetables	Quorn Burger in a bun Served with Salad or Baked Beans & Chips
<b>WEEK THREE</b>	<b>Main Meal</b>	Sweet & Sour Chicken Served with Golden Rice & Prawn Crackers	Minced Beef & Onion Pie Served with Mashed Potato & Mixed Vegetables	Roast Chicken lunch with all the trimmings	Traditional beef lasagne Served with Garlic Bread & Salad	Saveloy or Battered Cod Served with Chips & Baked Beans or Salad
	<b>Vegetarian Meal</b>	Vegetable Stir-Fry Served with Golden Rice & Prawn Crackers	Potato Skins filled with Cheese & Vegetables Served with Salad	Roasted Vegetable & Mozzarella Slice Served with Vegetables or Salad	Mediterranean Vegetable Fajitas Served with Garlic Bread & Salad	Vegetable Nuggets Served with Chips & Baked Beans or Salad

### AVAILABLE DAILY

<b>On the Side</b>	choose from our selection of fresh vegetables, salad, potatoes, rice and pasta our daily menu will confirm the days offer
<b>Mix 'n' Match</b>	Pasta or Jacket Potato then add your choice of Hot Topping from our freshly prepared selection; we will offer both meat and vegetarian choices . Freshly Made Panini's & Pizza available every day