

supper menu week two

available weeks beginning 29 Jan • 26 Feb • 19 Mar

SAINT FELIX SCHOOL SOUTHWOLD

	Monday	Tuesday	Wednesday	Thursday	Friday
main course	spaghetti bolognaise	sweet chilli prawn stir fry or black bean chicken stir fry	beef stroganoff grilled plaice with caper butter	chick'n night nuggets, hot wings, burgers	chef's mixed grill lamb cutlets, sirloin steak, gammon, sausages, drumsticks
vegetarian option	spaghetti with quorn bolognaise	vegetable stir fry	mushroom stroganoff	spicy bean burgers	haloumi burgers in a ciabatta roll
carbohydrates	new potatoes	noodles	basmati rice	skinny fries	sautéed potatoes
vegetables	stir fry vegetables	prawn crackers	sugar snap peas braised cabbage	onion rings corn on the cob gravy slaw	grilled tomatoes portabello mushrooms fried eggs garden peas
dessert	homemade carrot cake	chocolate brownie with salted caramel sauce	apple and pear crumble with custard	ice cream bar with toppings	homemade banoffee pie
late swimmers' supper	spaghetti bolognaise	chicken and cheese pasta bake roasted vegetable pasta bake	n/a	jacket potato with beef chilli or quorn chilli baked beans	as above

salad bar available every day

a selection from iceberg lettuce • mixed salad leaves • red onion slices • spring onions • tomatoes • cucumber • beetroot • apple and celery • homemade coleslaw • grated carrot • croutons • mixed five bean salad • sliced peppers • couscous • mushrooms in caesar dressing • potato salad