

WEEK 1

# Create-your-plate

The Cavendish High Academy

Monday



Wholemeal Margherita Pizza (V) Served with Potato Wedges, Baked Beans or Seasonal Vegetables

Tuesday



Irish Beef Burger Served with Potato Wedges, Coleslaw or Baked Beans

Wednesday



Chicken Korma Curry Served with Brown & White Rice, Naan Bread & Seasonal Vegetables

Thursday



Wholemeal Pasta Bolognese Served with Wholemeal Crusty Bread & Seasonal Vegetables

Friday



MSC Battered or Breaded White Fish or Salmon Served with Fries, Baked Beans, Mushy Peas or Peas



CHOOSE A HOT MEAL

Or

AN EVERYDAY FAVOURITE

Freshly prepared in our kitchen on the day they're served.

Treat yourself to a hot meal of the day or an everyday favourite.



Jacket Potato with a Selection of Fillings. Served with a Side Salad



Deli Choice of Breads with a Selection of Fillings. Served with a Side Salad

CHOOSE A DESSERT

Or

AN EVERYDAY FAVOURITE

Save room for pudding.

Choose a delicious dessert of the day or treat yourself to fresh fruit or low-fat fruit yoghurt.



Fibre Rich Toffee Muffin



Nobbie Biscuit



Iced Wacky Chocolate Cake



Melon Medley



Iced Topped Sponge Cake



Selection of fresh fruit



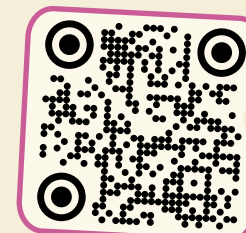
Low-fat fruit yoghurt selection



Images for illustration purposes only.

Meals are subject to availability. For allergen advice and nutritional information speak to your catering team.

Big Learning in Every Bite



# Create-your-plate

Monday



Spaghetti Pie (V) Served with Wholemeal Crusty Bread & Seasonal Vegetables

Tuesday



British Meatballs Served with Mashed Potato, Gravy & Seasonal Vegetables

Wednesday



British Roast Gammon Lunch Served with Roast & Mashed Potatoes, Seasonal Vegetables & Gravy

Thursday



Sweet Hawaiian Chicken Noodles Served with Seasonal Vegetables

Friday



Breaded Salmon Served with Fries, Baked Beans, Mushy Peas or Peas

CHOOSE A  
HOT MEAL

Or

AN EVERYDAY  
FAVOURITE

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Treat yourself to a hot meal of the day or an everyday favourite.



Jacket Potato with a Selection of Fillings. Served with a Side Salad



Deli Choice of Breads with a Selection of Fillings. Served with a Side Salad

CHOOSE A  
DESSERT

Or

AN EVERYDAY  
FAVOURITE

Save room for pudding.

Choose a delicious dessert of the day or treat yourself to fresh fruit or low-fat fruit yoghurt.



Sticky Flapjack



Jam and Custard Biscuit



Chocolate Muffin



Pineapple & Grapes



St Clement's Sponge Cake



Selection of fresh fruit



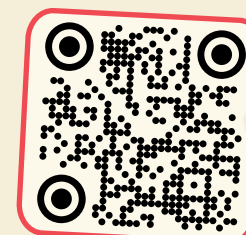
Low-fat fruit yoghurt selection



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# Create-your-plate

Monday



2 Slices of Wholemeal Margherita Pizza (V) Served with Seasonal Vegetables or Homemade Coleslaw

Tuesday



Oven Baked Sausage Roll Served with Mashed Potato, Baked Beans or Seasonal Vegetables

Wednesday



Roast Pork Served with BBQ Sauce or Gravy, Crispy Diced Potatoes & Seasonal Vegetables

Thursday



Tomato & Mascarpone Cheese Pasta (V) Served with Wholemeal Crusty Bread & Seasonal Vegetables

Friday



MSC Battered or Breaded White Fish or Salmon Served with Fries, Baked Beans, Mushy Peas or Peas



CHOOSE A HOT MEAL

Or

AN EVERYDAY FAVOURITE

Freshly prepared in our kitchen on the day they're served.

Treat yourself to a hot meal of the day or an everyday favourite.



Jacket Potato with a Selection of Fillings. Served with a Side Salad



Deli Choice of Breads with a Selection of Fillings. Served with a Side Salad

CHOOSE A DESSERT

Or

AN EVERYDAY FAVOURITE

Save room for pudding.

Choose a delicious dessert of the day or treat yourself to fresh fruit or low-fat fruit yoghurt.



Fruit Crumble Slice



Golden Crunch Biscuit



Chocolate & Orange Cookie



Apple & Grape Pot



Flapjack Cookie



Selection of fresh fruit



Low-fat fruit yoghurt selection



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