






Orchard Park  
High School

# Spring Term Lunch Menu

## – Week 1

	Meat Free MondayAllergens	TuesdayAllergens	WednesdayAllergens	Theme Day ThursdayAllergens	Fishy FridayAllergens
Main meal 1	Meat free lasagne with a slice of breadAllergens	Chicken rogan josh with brown riceAllergens	Roast pork steak, roast potato, vegetables and gravy	Moussaka with a slice of garlic breadAllergens	Breaded cod fillet and baked chipsAllergens
Main meal 2	Pasta tossed with roasted tomato and basilAllergens	Vegetable curry with riceAllergens	Stuffed potato with saladAllergens	Vegetarian dolmaAllergens	Vegetable tart and saladAllergens
Chef daily special	Turkey schnitzel with new potato and vegetablesAllergens	Chicken tikka masala wings with riceAllergens	Lemon chicken breast, roast potato and vegetables	Chicken souvlaki on pitta bread with tzatziki and lemon wedgesAllergens	Baked cod and baked chipsAllergens
Desserts	Homemade fruit flapjackAllergens	Apple crumble with custardAllergens	Fruit cake with custardAllergens	Bougatsa (Greek custard pie)Allergens	Belgian waffle with custardAllergens
Available daily	Salad, fresh fruit, and yoghurt.			<div><div></div><div>Catering provided by Greenshaw Learning Trust. All products are locally sourced wherever possible. All food is cooked fresh on the school site each day.</div></div>	
Allergens	Allergens				


























































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# Spring Term Lunch Menu

## – Week 2























































	Meat Free Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Theme Day Thursday	Allergens	Fishy Friday	Allergens
Main meal 1	Leek and lentil pie with new potatoes	 	Chicken curry and rice		BBQ chicken thigh, roast potatoes, vegetables		Chicken paella		Jumbo fish fingers with baked chips	   
Main meal 2	Vegetable samosas with new potatoes	 	Cauliflower and broccoli cheese bake	  	Vegetable lasagne with a slice of bread	  	Spanish omelette with tomato salad		Quorn fillet with baked chips	
Chef daily special	Southern fried chicken burger with wedges and salad	 	Chicken nuggets with wedges and salad	  	Spicy BBQ chicken drumstick, roast potatoes, vegetables and gravy		Spanish chicken croquette with salad	   	Chicken goujon with baked chips	
Desserts	Pear sponge with custard	  	Peach crumble with vanilla custard	 	Strawberry sponge with custard	   	Flan	 	Blueberry muffin	   
Available daily	Salad, fresh fruit, and yoghurt.						   <p>Catering provided by Greenshaw Learning Trust. All products are locally sourced wherever possible. All food is cooked fresh on the school site each day.</p>			
Allergens	 Dairy  Gluten  Nuts  Eggs  Fish  Soya  Sesame  Mustard  Sulphites  Celery  Peanuts  Lupin									



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# Spring Term Lunch Menu

## – Week 3

	Meat Free Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Theme Day Thursday	Allergens	Fishy Friday	Allergens
Main meal 1	Roasted vegetable pasta bake	  	Chicken korma with brown rice		Roast garlic chicken fillet, roast potato, Yorkshire pudding, vegetables and gravy	  	Chicken tagine		Salmon fish cakes with baked chips	 
Main meal 2	Bean goulash with rice		Chickpea and vegetable hot pot	 	Homemade ratatouille with couscous	 	Spiced bulgur wheat with roasted peppers	 	Spring rolls with baked chips	 
Chef daily special	Chinese chicken wings with noodles	 	Cajun chicken wrap with wedges and sweetcorn		Texan roast beef in a pitta bread with a choice of salads	 	Turkish lamb pilau		Hot dog in a French baguette	
Desserts	Syrup sponge with toffee sauce	  	Apple and rhubarb crumble with custard	 	Banana cake with custard	  	Rhubarb, ginger and rose crumble	 	American pancakes with golden syrup	  
Available daily	Salad, fresh fruit, and yoghurt.					<div></div> <p>Catering provided by Greenshaw Learning Trust. All products are locally sourced wherever possible. All food is cooked fresh on the school site each day.</p>				
Allergens	 Dairy  Gluten  Nuts  Eggs  Fish  Soya  Sesame  Mustard  Sulphites  Celery  Peanuts  Lupin									

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