



























































Autumn Term Lunch Menu

- Week 1



Orchard Park
High School

	Meat Free Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Theme Day Thursday	Allergens	Fishy Friday	Allergens
Main meal 1	Roast pumpkin risotto	 	Katsu chicken curry with brown rice		Roast chicken breast, roast potatoes and vegetables	  	Beef chilli con carne		Battered cod fillet and baked chips	 
Main meal 2	Tomato and peppers with whole wheat pasta	 	Lentil and chickpea curry	 	Vegetarian sausages, roast potatoes and gravy	  	Spicy bean enchiladas		Cheese and tomato omelette with salad	 
Chef daily special	Stir fry chicken with noodles	    	Spaghetti Bolognese with garlic bread and garden salad	   	Cajun roast drumstick, roast potatoes and winter vegetables		Super-speedy chicken tacos		Salt grilled salmon with Portuguese salad	
Desserts	Banana cake with custard	   	Lime and courgette cake	  	Apple crumble	  	Vanilla ice cream with strawberry sauce		Cocoa muffin	  
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	<div> Dairy  Gluten  Nuts  Eggs  Fish  Soya  Sesame  Mustard  Sulphites  Celery  Peanuts  Lupin</div>									























































































































































































































Menu

Autumn Term Lunch Menu

– Week 2



Orchard Park
High School

	Meat Free MondayAllergens	TuesdayAllergens	WednesdayAllergens	Theme Day ThursdayAllergens	Fishy FridayAllergens
Main meal 1	Chinese vegetable stir fry <div></div>	Beef Madras with brown rice <div></div>	Honey roast gammon, roast potatoes, vegetables <div></div>	Italian meat balls <div></div>	Jumbo fish fingers with baked chips <div></div>
Main meal 2	Spinach and ricotta cheese cannelloni <div></div>	Vegetable biryani <div></div>	Vegetable burger with roast potatoes <div></div>	Tomato and basil sauce with spaghetti <div></div>	Vegetable spring roll with baked chips <div></div>
Chef daily special	Sticky Chinese chicken wings with potato wedges <div></div>	Chicken burrito, nachos and salad <div></div>	Cajun chicken wrap with homemade hummus <div></div>	Margherita pizza <div></div>	Salmon fish cake with baked chips <div></div>
Desserts	Strawberry oaty cake with custard <div></div>	Apple sponge with vanilla custard <div></div>	Fruit crumble <div></div>	Strawberry mousse <div></div>	Belgian waffle with custard <div></div>
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				


















































Menu

Autumn Term Lunch Menu

- Week 3



Orchard Park
High School

	Meat Free Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Theme Day Thursday	Allergens	Fishy Friday	Allergens
Main meal 1	Macaroni cheese	 	Chicken tikka with brown rice		Garlic roast pork steak, roast potatoes and Yorkshire pudding	  	Beef burger	   	Cod and chips	 
Main meal 2	Spinach, sweet potato and lentil dahl		Vegetable korma	 	Tomato whole wheat pasta bake	 	Vegetarian hot dog	  	Stuffed pepper with bulgur wheat tabbouleh salad	 
Chef daily special	Cumberland sausage with mashed potatoes, winter vegetables and gravy	 	Grilled spicy chicken wings with Indian Bombay potato		Roast turkey, roast potatoes, vegetables and gravy		BBQ chicken skewers with herbed new potatoes		Hot dog in a French baguette	
Desserts	Jam roly-poly	 	Victoria sponge	  	Apple crumble	 	American pancake with maple syrup	  	Fruit jelly	
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	<div> Dairy  Gluten  Nuts  Eggs  Fish  Soya  Sesame  Mustard  Sulphites  Celery  Peanuts  Lupin</div>									

Menu