

Inverclyde Secondary School Menu 2022-2023

<u>Week 1</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Bagels, toasties, panini, toast, hot filled rolls				
Starter	Soup of the day				
Option 1- Main meal	Chicken curry with rice	Roast of the day with Yorkshire pudding, roast potatoes and fresh carrots	Mince and dough balls with mash potato	Chicken or Veg Fajitas with potato wedges	Breaded Haddock or Beef/ Quorn burger 124617 & Chips
Option 2 – Pasta, served with a side of garlic bread	Tomato and basil penne	Cajun Chicken pasta	Cheesy macaroni	Spicy tomato with Quorn sausage	
Option 3- Burger	turkey burger	Quorn Southern Style Burger	Chicken burger	Quorn Burger	
Option 4 - pizza	Triple cheese pizza slice	Spicy Chicken pizza	Triple cheese pizza slice	Spicy Chicken pizza	Triple cheese pizza slice
Dessert -					
Option 5-	Filled sandwiches, wraps, baguettes, Panini and baked potatoes Choose from the following Fillings: Cheese, Sliced Chicken, sliced Turkey, Tuna mayo, Chicken mayo Pizzini- Cheese or Spicy Chicken				
Available FREE everyday	Seasonal vegetables, Salad, Selection of Fresh Seasonal fruit				

Inverclyde Secondary School Menu 2022-2023

<u>Week 2</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Bagels, toasties, toast, hot filled rolls				
Starter	Soup of the day				
Option 1- Main meal	Breaded fish goujons with potato wedges	Sausage in onion gravy with mash	Steak and sausage pie with roast potato	Chicken curry with rice	Fish & Chips or beef/Quorn burger and chips 124617
Option 2 – Pasta, served with a side of garlic bread	Tomato and basil penne	Cajun Chicken pasta	Cheesy macaroni	Spicy tomato with Quorn sausage	
Option 3- Burger	Turkey burger	Quorn Southern Style Burger	Chicken burger	Quorn Burger	
Option 4 - pizza	Triple cheese pizza slice	Spicy Chicken pizza	Triple cheese pizza slice	Spicy Chicken pizza	Triple cheese pizza slice
Dessert -					
Option 5-	Filled sandwiches, wraps, baguettes, Panini and baked potatoes Choose from the following Fillings: Cheese, Sliced Chicken, sliced Turkey, Tuna mayo, Chicken mayo Pizzini- Cheese or Spicy Chicken				
Available FREE everyday	Seasonal vegetables, Salad, Selection of Fresh Seasonal fruit				

Inverclyde Secondary School Menu 2022-2023

<u>Week 3</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Bagels, toasties, toast, hot filled rolls				
Starter	Soup of the day				
Option 1- Main meal	Baked Salmon with mash potato and fresh broccoli	Chicken or Veg Fajitas with potato wedges	Chilli beef Nachos with salad and a selection of sauces	Turkey meatball Sub with potato wedges	Fish & Chips or beef/Quorn burger and chips
Option 2 – Pasta, served with a side of garlic bread	Tomato and basil penne	Cajun Chicken pasta	Cheesy macaroni	Spicy tomato with Quorn sausage	
Option 3- Burger	turkey burger	Quorn Southern Style Burger	Chicken burger	Quorn Burger	
Option 4 - pizza	Triple cheese pizza slice	Spicy Chicken pizza	Triple cheese pizza slice	Spicy Chicken pizza	Triple cheese pizza slice
Dessert -					
Option 5-	Filled sandwiches, wraps, baguettes, Panini and baked potatoes Choose from the following Fillings: Cheese, Sliced Chicken, sliced Turkey, Tuna mayo, Chicken mayo Pizzini- Cheese or Spicy Chicken				
Available FREE everyday	Seasonal vegetables, Salad, Selection of Fresh Seasonal fruit				

