



STUDLEY HIGH SCHOOL MENU



	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
MONDAY	<p>MAIN COURSE: BEEF LASAGNE WITH GARLIC BREAD (M, MU, C,CE, E, SS, S)</p> <p>VEGETARIAN MAIN: QUORN SAUSAGE CASSEROLE (V, S, C, M, E)</p> <p>MAINS SERVED WITH: SPICY WEDGES AND HOMEMADE COLESLAW (M, E, MU)</p> <p>DESSERT: JAM TART WITH CUSTARD (M,N, C, E)</p> <p>BONNIE'S DELI: HAM AND CHEESE PANINI (C,M,E,S)</p>	<p>MAIN COURSE: SWEET AND SOUR CHICKEN WITH SWEET PEPPERS (CE, GF)</p> <p>VEGETARIAN MAIN: CHEESE AND ONION PASTRY ROLL (V, M, E, CE, C)</p> <p>MAINS SERVED WITH: WHITE RICE OR BAKED BEANS</p> <p>DESSERT: JAM TART WITH CUSTARD (C, E, M)</p> <p>BONNIE'S DELI: HAM AND CHEESE PANINI (C,M,E,S)</p>	<p>MAIN COURSE: COTTAGE PIE (C,M,CE)</p> <p>VEGETARIAN MAIN: QUORN CHICKEN (V,CE, M)</p> <p>MAINS SERVED WITH: GREEN BEANS AND SWEET CORN</p> <p>DESSERT: JAM TART WITH CUSTARD (C, E, M)</p> <p>BONNIE'S DELI: HAM AND CHEESE PANINI (C,M,E,S)</p>	<p>MAIN COURSE: CHILLI CON CARNE (CE) WITH SOURED CREAM IN TACOS (C,M,E,SS,S)</p> <p>VEGETARIAN MAIN: CHEESE ONION PASTIES (C, E, M)</p> <p>MAINS SERVED WITH: WHITE RICE OR GARLIC AND HERB POTATOES (V, GF, CE)</p> <p>DESSERT: CHOCOLATE SPONGE WITH CHOCOLATE SAUCE (C, E, M)</p> <p>BONNIE'S DELI: HAM AND CHEESE PANINI (C,M,E,S)</p>
TUESDAY	<p>MAIN COURSE: CALIFORNIAN CHICKEN (C, M, CE)</p> <p>VEGETARIAN MAIN: QUORN HOT DOG SERVED IN FLOUR ROLL (V, S, C,SS, M, E)</p> <p>MAINS SERVED WITH: MASHED POTATO AND PEAS, HOMEMADE COLESLAW (M, E, MU)</p> <p>DESSERT: CHOCOLATE CRUNCH WITH CUSTARD (C, E,M)</p> <p>BONNIE'S DELI: CHICKEN BURGER (CE, E, GF) IN A BURGER BAP (C, SS, M)</p>	<p>MAIN COURSE: CHEFS LOADED FRIES DAY BEEF AND TOMATO BOLOGNAISE (CE) OR CHICKEN TIKKA (CE,SS)</p> <p>DESSERT: SYRUP SPONGE WITH CUSTARD (C, E,M, SD)</p> <p>BONNIE'S DELI: CHEESY BEEF BURGER (CE, E, GF) IN A BURGER BAP (C, SS, M)</p>	<p>MAIN COURSE: ITALIAN CHICKEN (C, CE, S, SD)</p> <p>VEGETARIAN MAIN: VEG ITALIAN CHICKEN FILLETS (V,CE,E, M)</p> <p>MAINS SERVED WITH: MIXED SALAD PEPPERS AND WHITE RICE (CE, GF)</p> <p>DESSERT: SYRUP SPONGE WITH CUSTARD (C, E,M, SD)</p> <p>BONNIE'S DELI: CHICKEN BURGER (CE, E, GF) IN A BURGER BAP (C, SS, M)</p>	<p>MAIN COURSE: PORK AND BEEF MEATBALLS COOKED IN TOMATO SAUCE (C, CE, S, SD)</p> <p>VEGETARIAN MAIN: CHEESE AND ONION PASTY (V,CE,E, M)</p> <p>MAINS SERVED WITH: PASTA AND TOSSED SALAD</p> <p>DESSERT: SYRUP SPONGE WITH CUSTARD (C, E,M, SD)</p> <p>BONNIE'S DELI: CHEESY BEEF BURGER (CE, E, GF) IN A BURGER BAP (C, SS, M)</p>
WEDNESDAY	<p>MAIN COURSE: ROAST PORK (CE,GF) SAGE AND ONION STUFFING (C, M, CE)</p> <p>VEGETARIAN MAIN: VEGETABLE AND QUORN RICE (V, GF, CE, E)</p> <p>MAINS SERVED WITH: ROASTED POTATOES, SEASONAL VEGETABLES, GRAVY (C, M, CE)</p> <p>DESSERT: APPLE AND PEAR CRUMBLE WITH CUSTARD (C, E, M)</p> <p>BONNIE'S DELI: HOTDOGS IN A FLOUR BAP (GF, CE)</p>	<p>MAIN COURSE: ROASTED BEEF AND YORKSHIRE PUDDING (C, M, CE)</p> <p>VEGETARIAN MAIN: CRISPY CHEESY QUORN FILLETS (GF,V, M, E, C)</p> <p>MAINS SERVED WITH: ROASTED POTATOES, SEASONAL VEGETABLES, GRAVY (CE,GF)</p> <p>DESSERT: CHOCOLATE SHORTBREAD AND CHOCOLATE CUSTARD (M,C)</p> <p>BONNIE'S DELI: HOTDOGS IN A FLOUR BAP (GF, C)</p>	<p>MAIN COURSE: SLICED GAMMON IN PARSLEY SAUCE (C, M, CE)</p> <p>VEGETARIAN MAIN: MIXED VEG POTS (GF,V, M, E, C)</p> <p>MAINS SERVED WITH: ROASTED POTATOES, SEASONAL VEGETABLES, GRAVY (C, M, CE)</p> <p>DESSERT: APPLE AND PEAR CRUMBLE WITH CUSTARD (C, E, M)</p> <p>BONNIE'S DELI: HOTDOGS IN A FLOUR BAP (GF, CE)</p>	<p>MAIN COURSE: HERB ROASTED CHICKEN (C, M, CE)</p> <p>VEGETARIAN MAIN: BAKED QUORN SAUSAGES (V,CE, M)</p> <p>MAINS SERVED WITH: ROASTED POTATOES, SEASONAL VEGETABLES, GRAVY (C, M, CE)</p> <p>DESSERT: APPLE AND PEAR CRUMBLE WITH CUSTARD (C, E, M)</p> <p>BONNIE'S DELI: HOTDOGS IN A FLOUR BAP (GF, CE)</p>
THURSDAY	<p>MAIN COURSE: CHEFS CURRY DAY</p> <p>VEGETARIAN MAIN: MACARONI CHEESE, (V, GF, CE)</p> <p>MAINS SERVED WITH: WHITE RICE AND NAAN BREAD(CE, GF)</p> <p>DESSERT: STICKY TOFFEE PUDDING WITH CUSTARD (C,E,M)</p> <p>BONNIE'S DELI: SOUTHERN FRIED CHICKEN WRAPS(C,M,E,S)</p>	<p>MAIN COURSE: CHICKEN STIR FRY (C, M, CE,N)</p> <p>VEGETARIAN MAIN : QUORN VEG STIR FRY, (V, GF, CE)</p> <p>MAINS SERVED WITH: MIXED SALAD (CE, GF)</p> <p>DESSERT: PLAIN SPONGE WITH CUSTARD (C,E,M)</p> <p>BONNIE'S DELI: SOUTHERN FRIED CHICKEN WRAPS(C,M,E,S)</p>	<p>MAIN COURSE: CHEFS CURRY DAY</p> <p>VEGETARIAN MAIN: BAKED QUORN SAUSAGES AND VEGETABLE RICE (V,CE, M)</p> <p>MAINS SERVED WITH:WHITE RICE AND NAAN (CE, GF)</p> <p>DESSERT: BANANA CAKE WITH CUSTARD(C,E,M)</p> <p>BONNIE'S DELI: SOUTHERN FRIED CHICKEN WRAPS(C,M,E,S)</p>	<p>MAIN COURSE: CHEFS CURRY DAY</p> <p>VEGETARIAN MAIN: QUORN AND CURRY WITH RICE (V,S,M,E)</p> <p>MAINS SERVED WITH: EGG FRIED RICE (CE, GF)</p> <p>DESSERT: CORNFLAKE TART WITH CUSTARD (C, E, M)</p> <p>BONNIE'S DELI: SOUTHERN FRIED CHICKEN WRAPS(C,M,E,S)</p>
FRIDAY	<p>MAIN COURSE: BREADED CHICKEN GOUJONS (M, E, C,MU)</p> <p>VEGETARIAN MAIN: CHEESE AND ONION PASTY (V, C, E,MU,M)</p> <p>MAINS SERVED WITH: WEDGES, PEAS,HOMEMADE COLESLAW (M, E, MU)</p> <p>DESSERT: GREEK YOGHURT WITH SUMMER FRUIT PUREE (M)</p> <p>BONNIE'S DELI: HAM AND CHEESE PANINI (C,M,E,S)</p>	<p>MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU)</p> <p>VEGETARIAN MAIN: SOUTHERN STYLE CRISPY QUORN BITES (V, C, E,CE)</p> <p>MAINS SERVED WITH: WITH FARMHOUSE FRIES & MUSHY PEAS (M, E, MU)</p> <p>DESSERT: GREEK YOGHURT WITH SUMMER FRUIT PUREE (M)</p> <p>BONNIE'S DELI: HAM AND CHEESE PANINI (C,M,E,S)</p>	<p>MAIN COURSE: BREADED CHICKEN GOUJONS (M, E, C,MU)</p> <p>VEGETARIAN MAIN: CHEESE AND ONION PASTY (V, C, E,MU,M)</p> <p>MAINS SERVED WITH: WEDGES, PEAS, HOMEMADE COLESLAW (M, E, MU)</p> <p>DESSERT: GREEK YOGHURT WITH SUMMER FRUIT PUREE (M)</p> <p>BONNIE'S DELI: HAM AND CHEESE PANINI (C,M,E,S)</p>	<p>MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU)</p> <p>VEGETARIAN MAIN: SOUTHERN STYLE CRISPY QUORN BITES (V, C, E,CE)</p> <p>MAINS SERVED WITH: WITH FARMHOUSE FRIES & MUSHY PEAS (M, E, MU)</p> <p>DESSERT: GREEK YOGHURT WITH SUMMER FRUIT PUREE (M)</p> <p>BONNIE'S DELI: HAM AND CHEESE PANINI (C,M,E,S)</p>
ALLERGENS KEY	<p>ALLERGENS KEY</p> <p>L - LUPIN</p> <p>E - EGGS</p> <p>SD - SULPHUR DIOXIDE</p> <p>CE - CELERY</p> <p>F - FISH</p>		<p>ALLERGENS KEY</p> <p>MU - MUSTARD</p> <p>S - SOYA</p> <p>M - MILK</p> <p>MO - MOLLUSCS (SCALLOPS, MUSSELS)</p> <p>SS - SESAME SEED</p>	<p>CUSTOMER INFORMATION</p> <p>V - VEGETARIAN</p> <p>GF - GLUTEN FREE</p>