

ALF Catering - Menus for Aylsham High School

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chilli con carne with rice	Chicken and bacon pasta with garlic bread and broccoli	Roast pork, roast potatoes, stuffing, vegetable and gravy	Chicken korma with rice and naan bread	Fish and chips
Option 2	Vegetable chilli with rice	Macaroni cheese with garlic bread	Quorn sausage roast	Sweet potato curry with rice	Vegetable finger and chips
Pudding	Apple crumble with custard	Donut	Jam sponge with custard	Apple pie	Selection of cake

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta bolognese with cheese	Chicken fajita with sriracha wedges and sweetcorn	Hoisin beef noodles	Chicken katsu curry with rice and poppadum	Jumbo sausage, chips and beans
Option 2	Lentil bolognese with cheese	Quorn fajita with sriracha wedges and sweetcorn	Hoisin vegetable noodles	Butternut katsu curry with rice and poppadum	Vegetable fingers with chips and beans
Pudding	Mixed fruit crumble with custard	Chocolate pudding with chocolate sauce	Ice cream roll	Eton mess	Selection of cake

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta and meatballs with garlic bread	Cheeseburger with wedges and salad	Sausage roast with roast potatoes, Yorkshire pudding, stuffing, vegetables and gravy	Sticky chilli chicken and rice	Fish fingers, chips and beans
Option 2	Vegetarian pasta and meatballs with garlic bread	Spicy bean burger with wedges and salad	Quorn chicken with roast potatoes, Yorkshire pudding, stuffing, vegetables and gravy	Sticky chilli vegetables and rice	Vegetable fingers with chips and beans
Pudding	Cherry pie	Donut	Sticky toffee pudding	Berry crumble slice	Selection of cake