

EDGBASTON

HIGH SCHOOL *for* GIRLS



- Red – Meat Dishes
- Green – Vegetarian
- Yellow – Vegan
- Blue - Fish
- Black - Halal

Winter Senior School Menu A

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Meat Option	<u>Chicken Balti</u> <i>Birmingham's famous curry served with fragrant rice</i> (G) (M) (Mu)	<u>Beef Ragu Pasta Bake</u> <i>Beef Ragu Combined With Pasta Topped With Melted Cheese</i> (G)	<u>Sweet & Sour Chicken Cantonese Style</u> <i>Battered chicken pieces in a sweet & tangy sauce</i> (G) (C) (M)	<u>Roasted Beef</u> <i>Steam Roasted Carved Top Rump Served With Yorkshire Pudding</i>	<u>Peri Peri Chicken</u> <i>Chicken Breast in a spicy peri peri sauce</i> (S)
Meat Option	<u>Jerk Chicken</u> <i>Jerk seasoned chicken traditionally served with rice & peas</i>	<u>Macaroni Cheese Bake</u> <i>Cheesy Cream Sauce With Macaroni Bakes With Extra Cheese</i> (G) (M)	<u>Spring Roll</u> <i>Oriental Vegetables enclosed in a crispy pastry</i> (G) (C) (M) (E) (S)	<u>Roasted Chicken</u> <i>Traditionally served with sage & onion seasoning</i>	<u>Freshly Battered Cod</u> <i>Cod Loin in A Crisp Bubbly Batter</i> (G) (M) (F)
Vegan	<u>Chipotle, Kale and Mixed Bean Stew..</u> <i>Spiced hearty stew</i>	<u>Tomato Pasta Bake</u> <i>Classic Tomato & Basil Dressed Pasta</i> (G)	<u>Fried Rice</u> <i>Oriental vegetables with soy sauce & five Spice with rice</i> (S)	<u>Three Bean Vegetable Chilli</u> <i>Mixed beans and vegetables in a subtle spiced sauce</i>	<u>Vegetable & Mushroom Risotto</u> <i>Arborio Rice With Vegetables & Mushrooms In A Tomato Sauce</i>
Vegetarian	<u>Vegetable Biryani.</u> <i>Mixture of vegetables and rice mixed in curried spices</i>	<u>Tuna Pasta Bake</u> <u>Creamy Pasta With Chunks Of Tuna</u> (G) (M)	<u>Oriental Stir Fry</u> <i>Oriental Vegetables Stir Fried In Chinese Five Spice & Soy Sauce.</i>	<u>Cheese and onion Pasty</u> <i>Cheddar cheese and onion wrapped in puff pastry</i> (W)(M)	<u>Thai Red Curry Vegetables</u> <i>Mixed peppers and squash vegetables in a coconut cream sauce</i> (M)
Halal (stunned)	<u>Jerk Chicken</u> <i>Jerk seasoned chicken traditionally served with rice & peas</i>		<u>Sweet & Sour Chicken</u> <i>Battered chicken pieces in a sweet & tangy sauce with vegetables</i> (G) (C) (M)	<u>Roasted Chicken</u> <i>Traditionally served with sage & onion seasoning</i>	<u>Peri Peri Chicken</u> <i>Chicken Breast in a spicy peri peri sauce</i> (S)
Baked Potato & Deli Bar	<u>Baked Potato & Deli Bar</u> <i>With A Choice Of Fillings, Salad & Accompliments From Deli Bar</i>	<u>Baked Potato & Deli Bar</u> <i>With A Choice Of Fillings, Salad & Accompliments From Deli Bar</i>	<u>Baked Potato & Deli Bar</u> <i>With A Choice Of Fillings, Salad & Accompliments From Deli Bar</i>	<u>Baked Potato & Deli Bar</u> <i>With A Choice Of Fillings, Salad & Accompliments From Deli Bar</i>	<u>Baked Potato & Deli Bar</u> <i>With A Choice Of Fillings, Salad & Accompliments From Deli Bar</i>
Sides	<i>New Potatoes/Rice/Naan Mixed Vegetables Mixed salad</i>	<i>New Potatoes Mixed Vegetables Mixed Salad</i>	<i>Baked Beans Mixed Salad</i>	<i>Roasted Potatoes Mixed Vegetables</i>	<i>Crushed Potatoes Mixed Vegetables Mixed Salad</i>
Desserts	<i>Hot and cold desserts always available and change daily</i>	<i>Hot and cold desserts always available and change daily</i>	<i>Hot and cold desserts always available and change daily</i>	<i>Hot and cold desserts always available and change daily</i>	<i>Hot and cold desserts always available and change daily</i>