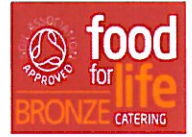
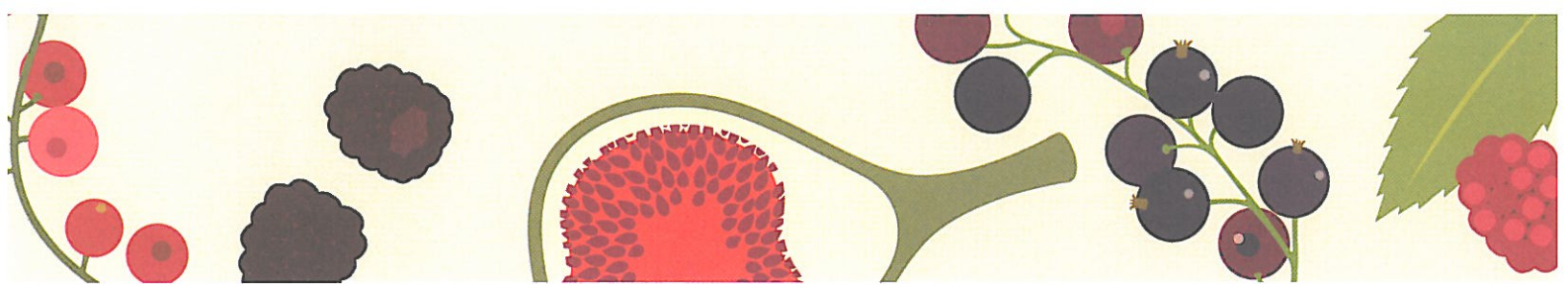


SPROWSTON HIGH SCHOOL
WEEK 1



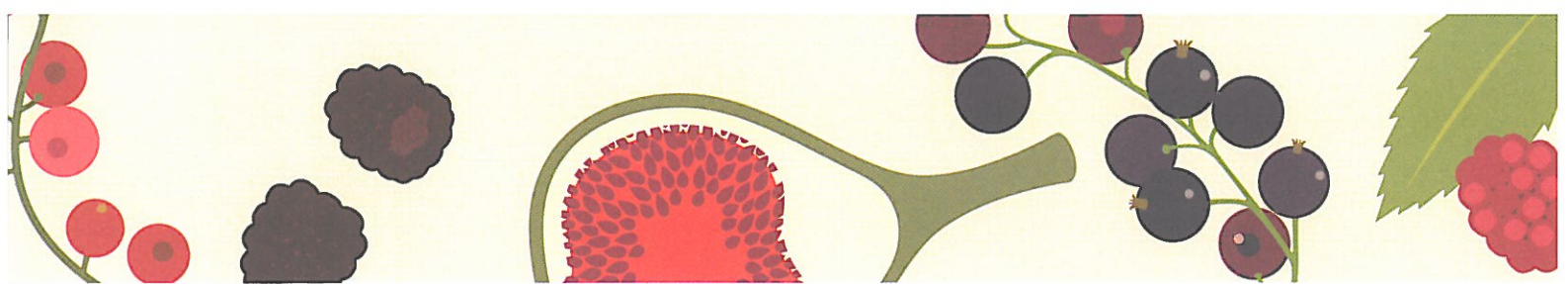
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>'The Bistro'</u> Toad in the Hole served with Mash & a Vegetable £1.80</p>	<p><u>'The Bistro'</u> Cajun Spiced Turkey Breast served with Wedges & Corn £1.80</p>	<p><u>'The Bistro'</u> Shepherd's Pie served with Seasonal Vegetables £1.80</p>	<p><u>'The Bistro'</u> Roast Pork & All the Trimmings £1.80</p>	<p><u>'The Bistro'</u> Old English Fish & Chips served with Mushy Peas £1.80</p>
<p><u>'The Sizzling Station'</u> Spicy Beef & Mushroom Stir Fry £1.55</p>	<p><u>'The Sizzling Station'</u> Chicken Creole served with Rice £1.55</p>	<p><u>'The Sizzling Station'</u> Spicy Mixed Bean Wrap served with Soured Cream & Rice £1.55</p>	<p><u>'The Sizzling Station'</u> Chicken Chow Mein £1.55</p>	<p><u>'The Sizzling Station'</u> Aromatic Vegetable Korma & Naan Wedge £1.55</p>
<p><u>'Food To Go'</u> Hot Filled Panini £1.45</p> <p>Pasta Bowl with Homemade Sauce From 80p</p> <p>Take Away Noodle Pots £1.50</p>	<p><u>'Food To Go'</u> Pizza Wedge £1.45</p> <p>Pasta Bowl with Homemade Sauce From 80p</p> <p>Take Away Noodle Pots £1.50</p>	<p><u>'Food To Go'</u> Hot Filled Panini £1.45</p> <p>Pasta Bowl with Homemade Sauce From 80p</p> <p>Take Away Noodle Pots 1.50</p>	<p><u>'Food To Go'</u> Chicken Fillet in a Bun £1.45</p> <p>Pasta Bowl with Homemade Sauce From 80p</p> <p>Take Away Noodle Pots £1.50</p>	<p><u>'Food To Go'</u> Hot Filled Panini £1.45</p> <p>Pasta Bowl with Homemade Sauce From 80p</p> <p>Take Away Noodle Pots £1.50</p>
<p><u>'Jacket Potato'</u> with choice of fillings</p>	<p><u>'Jacket Potato'</u> with choice of fillings</p>	<p><u>'Jacket Potato'</u> with choice of fillings</p>	<p><u>'Jacket Potato'</u> with choice of fillings</p>	<p><u>'Jacket Potato'</u> with choice of fillings</p>
<p><u>'Dessert'</u> Marble Sponge Pudding 55p</p>	<p><u>'Dessert'</u> Apple & Cinnamon Sponge with Custard 55p</p>	<p><u>'Dessert'</u> Apple crumble with Cream 55p</p>	<p><u>'Dessert'</u> Cherry Cake with Custard 55p</p>	<p><u>'Dessert'</u> Chocolate Sponge & Chocolate Sauce 55p</p>



SPROWSTON HIGH SCHOOL
WEEK 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>'The Bistro'</u> Hearty Chicken Casserole served with Mash & Carrots £1.80</p>	<p><u>'The Bistro'</u> Moussaka served with Spiced Wedges & Salad Garnish £1.80</p>	<p><u>'The Bistro'</u> Chicken & Ham Pie served with Potatoes & Broccoli £1.80</p>	<p><u>'The Bistro'</u> Roast Honey Glazed Gammon, Roast Potatoes & Vegetables £1.80</p>	<p><u>'The Bistro'</u> Old English Fish & Chips with Peas & Tartare Sauce £1.80</p>
<p><u>'The Sizzling Station'</u> Best Ever Chilli with Rice £1.55</p>	<p><u>'The Sizzling Station'</u> Stir Fried Chinese Chicken £1.55</p>	<p><u>'The Sizzling Station'</u> Pork Madras with Rice £1.55</p>	<p><u>'The Sizzling Station'</u> Thai Chilli Chicken Noodles £1.55</p>	<p><u>'The Sizzling Station'</u> vegetable Biryani, Raita & Naan £1.55</p>
<p><u>'Food To Go'</u> Cajun Chicken Wrap £1.45</p> <p>Pasta Bowl with Homemade Sauce From 80p</p> <p>Take Away Noodle Pots £1.50</p>	<p><u>'Food To Go'</u> Hot Filled Panini £1.45</p> <p>Pasta Bowl with Homemade Sauce From 80p</p> <p>Take Away Noodle Pots £1.50</p>	<p><u>'Food To Go'</u> Hot Dog in a Roll £1.45</p> <p>Pasta Bowl with Homemade Sauce From 80p</p> <p>Take Away Noodle Pots 1.50</p>	<p><u>'Food To Go'</u> Hot Filled Panini £1.45</p> <p>Pasta Bowl with Homemade Sauce From 80p</p> <p>Take Away Noodle Pots £1.50</p>	<p><u>'Food To Go'</u> Chinese 5 Spice Vegetable Wrap £1.45</p> <p>Pasta Bowl with Homemade Sauce From 80p</p> <p>Take Away Noodle Pots £1.50</p>
<p><u>'Jacket Potato'</u> with choice of fillings</p>	<p><u>'Jacket Potato'</u> with choice of fillings</p>	<p><u>'Jacket Potato'</u> with choice of fillings</p>	<p><u>'Jacket Potato'</u> with choice of fillings</p>	<p><u>'Jacket Potato'</u> with choice of fillings</p>
<p><u>'Dessert'</u> Bakewell Tart with Cream 55p</p>	<p><u>'Dessert'</u> Toffee Cream Tart 55p</p>	<p><u>'Dessert'</u> Rich Chocolate Cake 55p</p>	<p><u>'Dessert'</u> Ginger Sponge & Lemon Sauce 55p</p>	<p><u>'Dessert'</u> Spotted Dick with Custard 55p</p>



SPROWSTON HIGH SCHOOL
WEEK 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>'The Bistro'</u> Southern Baked Chicken with Wedges & Corn £1.80	<u>'The Bistro'</u> Steak & Mushroom Pie with Potatoes & a Vegetable £1.80	<u>'The Bistro'</u> Chicken Lasagne served with a Garlic Slice £1.80	<u>'The Bistro'</u> Roast Turkey & All the Trimmings £1.80	<u>'The Bistro'</u> Homemade Fishcakes with Chips & Mushy Peas £1.80
<u>'The Sizzling Station'</u> Tuna & Cheese Arrabiatta Bake £1.55	<u>'The Sizzling Station'</u> Stir Fried Vegetables in a Black Bean Sauce & Rice £1.55	<u>'The Sizzling Station'</u> Sweet 'n' Sour Pork served with Rice £1.55	<u>'The Sizzling Station'</u> Chilli Beef Wrap served with Spicy Wedges & Sour Cream £1.55	<u>'The Sizzling Station'</u> Thai vegetable Curry served with Lime Rice £1.55
<u>'Food To Go'</u> Hot Sausage Roll £1.45 Pasta Bowl with Homemade Sauce From 80p Take Away Noodle Pots £1.50	<u>'Food To Go'</u> Hot Filled Panini £1.45 Pasta Bowl with Homemade Sauce From 80p Take Away Noodle Pots £1.50	<u>'Food To Go'</u> 1/4 Pound Burger in a Bun & Relish £1.45 Pasta Bowl with Homemade Sauce From 80p Take Away Noodle Pots 1.50	<u>'Food To Go'</u> Hot Filled Panini £1.45 Pasta Bowl with Homemade Sauce From 80p Take Away Noodle Pots £1.50	<u>'Food To Go'</u> Vegetable Chilli 'n' Cheese Puff £1.45 Pasta Bowl with Homemade Sauce From 80p Take Away Noodle Pots £1.50
<u>'Jacket Potato'</u> with choice of fillings	<u>'Jacket Potato'</u> with choice of fillings	<u>'Jacket Potato'</u> with choice of fillings	<u>'Jacket Potato'</u> with choice of fillings	<u>'Jacket Potato'</u> with choice of fillings
<u>'Dessert'</u> Eves Pudding with Custard 55p	<u>'Dessert'</u> Steamed Lemon Sponge Pudding & Vanilla Sauce 55p	<u>'Dessert'</u> Apple Crumble with Custard 55p	<u>'Dessert'</u> Bread & Butter Pudding with Cream 55p	<u>'Dessert'</u> Jam Roly Poly with Custard 55p