

SPROWSTON HIGH SCHOOL - WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>'The Bistro'</u> Traditional Cottage Pie served with Cabbage £1.65	<u>'The Bistro'</u> Lamb Moussaka served with Broccoli Florets £1.65	<u>'The Bistro'</u> Beef Curry served with Fluffy Rice & Cucumber Salad £1.65	<u>'The Bistro'</u> Chicken Casserole served with Mashed Potatoes £1.65	<u>'The Bistro'</u> Russian Fish Pie served with Peas £1.65
<u>'The Sizzling Station'</u> Cajun Stir Fry Vegetables & Fluffy Rice £1.50	<u>'The Sizzling Station'</u> Sweet & Sour Roasted Vegetable Noodles £1.50	<u>'The Sizzling Station'</u> Baked Potato Frittata £1.50	<u>'The Sizzling Station'</u> Spicy Vegetable Hot Pot £1.50	<u>'The Sizzling Station'</u> Potato, Lentil & Cauliflower Curry £1.50
<u>'Food To Go'</u> Pasta & Mixed Bean Sauce £1.50  Filled Jacket £1.00  Hot Beef Wrap £1.30	<u>'Food To Go'</u> Pasta & Tomato Sauce £1.50  Filled Jacket £1.00  French Bread Pizza £1.30	<u>'Food To Go'</u> Pasta & Chilli Sauce £1.50  Filled Jacket £1.00  Spicy vegetable Wrap £1.30	<u>'Food To Go'</u> Pasta & Bolognese Sauce £1.50  Filled Jacket £1.00  Cheese & Tomato Panini or Baguette £1.30	<u>'Food To Go'</u> Pasta & Tomato & Mushroom Sauce £1.50  Filled Jacket £1.00  Lamb Fajitas £1.30
<u>'Deli to Go'</u> A delicious range of filled breads and salad boxes, seasonal salad bags, simply tossed pasta and our own crudites and dip pots				
<u>'Dessert'</u> Chocolate & Apricot Rice Pudding or Chocolate Muffins 55p  Freshly Made Yoghurt with Toppings  Fresh Fruit Salad £1.05	<u>'Dessert'</u> Homemade Apple Pie & Custard or Cherry Flapjack 55p  Freshly Made Yoghurt with Toppings  Fresh Fruit Salad £1.05	<u>'Dessert'</u> Chocolate Oat Crumble or Canadian Date Slice 55p  Freshly Made Yoghurt with Toppings  Fresh Fruit Salad £1.05	<u>'Dessert'</u> Eves Pudding & Custard or Chocolate Cracknel 55p  Freshly Made Yoghurt with Toppings  Fresh Fruit Salad £1.05	<u>'Dessert'</u> Chocolate Sponge & Chocolate Sauce or Carrot & Orange Cake 55p  Freshly Made Yoghurt with Toppings  Fresh Fruit Salad £1.05