

SPROWSTON HIGH SCHOOL - WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>'The Bistro'</u> Turkey & Bacon Casserole served with Mashed Potato & Broad Beans £1.65	<u>'The Bistro'</u> Chinese 5 Spice Pork served with Jacket Wedges & Roasted Carrots £1.65	<u>'The Bistro'</u> Mexican Spiced Lamb served with Cabbage & Fluffy Rice £1.65	<u>'The Bistro'</u> Roasted Vegetable Lasagne served with Garlic Bread Slice & Green Beans £1.65	<u>'The Bistro'</u> Homemade Salmon Fishcake served with Chips & Peas £1.65
<u>'The Sizzling Station'</u> Sweet & Sour Vegetables served with Noodles £1.50	<u>'The Sizzling Station'</u> Crispy Baked Bean Hash £1.50	<u>'The Sizzling Station'</u> Vegetable Balti served with Fluffy Rice £1.50	<u>'The Sizzling Station'</u> Beef Curry served with Rice £1.50	<u>'The Sizzling Station'</u> Vegetable Korma served with Rice £1.50
<u>'Food To Go'</u> Pasta & Cheese Sauce £1.50 Filled Jacket £1.00 Spicy Chicken Wrap £1.30	<u>'Food To Go'</u> Pasta & Creamy Chicken Sauce £1.50 Filled Jacket £1.00 Hot Cheese Wrap £1.30	<u>'Food To Go'</u> Pasta & Tomato Sauce £1.50 Filled Jacket £1.00 Burger & Relish in a Bun £1.30	<u>'Food To Go'</u> Pasta & Bolognese Sauce £1.50 Filled Jacket £1.00 Cheese & Tomato Pizza £1.30	<u>'Food To Go'</u> Pasta & Chicken Tikka Sauce £1.50 Filled Jacket £1.00 Bacon Bap £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 crudité's and dip pots				
<u>'Dessert'</u> Chocolate Oaty Crumble or Apricot Shortbread 55p Freshly Made Yoghurt with Toppings Fresh Fruit Salad £1.05	<u>'Dessert'</u> Cherry Pie & Custard or Carrot & Orange Cake 55p Freshly Made Yoghurt with Toppings Fresh Fruit Salad £1.05	<u>'Dessert'</u> Chocolate Sponge Pudding or Iced Buns 55p Freshly Made Yoghurt with Toppings Fresh Fruit Salad £1.05	<u>'Dessert'</u> Syrup Sponge & Custard or Paradise Cake 55p Freshly Made Yoghurt with Toppings Fresh Fruit Salad £1.05	<u>'Dessert'</u> Rhubarb Crumble & Custard or Flapjack with Treacle 55p Freshly Made Yoghurt with Toppings Fresh Fruit Salad £1.05