



SUTTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

The Menu

W/C Monday 16th May 2022



GLUTEN FREE & DAIRY FREE ALWAYS AVAILABLE- PLEASE ASK	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	MEAT FREE MONDAY Falafel Katsu Curry(V) Or Pasta Bar (V)	Chicken Pot Pie Or Halal Creamy Chicken & Leek Pasta Bake with Mozzarella	Slow Cooked Beef Stew with Spring Vegetables	Traditional Roast Turkey or Pulled Pork or Halal Chicken with Cranberry & Apple Stuffing	MSC Cod Fish Fingers Or Steamed Haddock with Samphire Or Bobbies Beef & Liver
Vegetarian Meal	Black Bean Vegetable Stir Fry & Mini Vegetable Spring Roll (V) VEGAN	Cheese &, Spring Onion & Leek Filo Pastry Pie (V) Or Mac 'N' Cheese (V)	Wholegrain Cheese & Tomato Pizza with Olives (V) Or Nachos with Dips (V)	Quorn Sausage (V) Or VEGAN Sweet Potato stuffed with a Bean Chilli (V)	Miso & Harissa Baked Aubergine (V) Or Breaded Vegetable Nuggets VEGAN
Vegetables/ Sides	Lemon Scented Rice Naan Bread Crispy Cabbage	Sweet Corn & Cauliflower Garlic Bread Slice Creamy Mashed Potato Onion Gravy	New Potatoes with a Chive Butter Mixed Wilted Greens	Roasted Potatoes with Thyme & Rosemary Seasonal Vegetables Rich Gravy	Skin On Rustic Fries Garden Peas Baked Beans
Desserts	Fruity Flap Jack	Eton Mess	Tangy Lemon Cheesecake	Peach & Raspberry Crumble with Freshly Made Custard	Fresh Fruit Kebabs Or Cheese & Biscuits