






WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup 70p Served with bread roll	Carrot & coriander	Spicy tomato & bean 	Vegetable (V)(GF)	Leek & potato (V)(GF)	Spicy lentil (V)(GF)
Main meal £1.80 (Halal & non halal) All main meals come with free veg or side salad	Beef bolognaise served with pasta, green beans or sweetcorn (GF)	Spicy chicken Or chilli con carne Served with rice & seasonal vegetables (GF)	Roast turkey served with roast potatoes & carrots (GF)		Herb dusted oven baked fish served with garden peas (GF)
Vegetarian Main Meal £1.80 All main meals come with free veg or side salad	Spanish Omelette served with green beans or sweetcorn (GF) (V)	Mexican veg with feta Or cheesy salsa nachos served with rice and vegetables or salad (V)	BBQ quorn noodles served with carrots or salad (V)		Smokey bean chilli served with rice, wedges & salad (V)(GF)
Pasta & sauce £1.85 Jacket & filling £1.65 (Halal & non halal) Served with free veg or side salad	Tomato & basil sauce (GF) (V) Tomato & chorizo (GF)(V)	Tomato & chilli sauce (GF)(V) Mexican chilli con carne (GF)	Tomato & onion (V)(GF) Volcano chicken (GF)	Tomato & oregano (V) (GF) Nepalese Curry (GF)	Tomato & mixed herb (V)(GF) Cowboy beans (V)(GF)
Panini £1.75/£1.90 Served with free veg or side salad	Cheese Or Cheese & beans (V)	Cheese Or cheese & salsa (V)	Cheese (V) or Chilli cheese (V)	Cheese (V) or Cheese & pepperoni	Cheese (V) or Cheese & onion (V)
Hot wrap £1.90 (Halal & non halal) Served with free veg or side salad	BBQ chicken (GF) Cowboy beans (GF) (V)	Mexican chicken (GF) Or Vegetable burrito (GF)(V)	Mediterranean chicken (V)(GF) BBQ roast vegetables (GF)	Chicken tikka (GF) Spicy vegetable burrito (V)(GF)	Piri piri chicken (V)(GF) Sweet & sour vegetables (V)(GF)
Pizza or hot sandwich £1.50 Served with free beans, veg or side salad	<u>Pizza</u> Margarita Or Cheese & peppers (GF)(V)	<u>Hot sandwich</u> Cheese or Cheese & beans (V)(GF)	<u>Pizza</u> Margarita or Cheese & onion (V)(GF)	<u>Hot sandwich</u> Cheese or Cheese & peppers (V)(GF)	<u>Hot sandwich</u> Sausage dogs or Beef burger or Veggie burger (V)(GF)
Bake of the day 85p	Fruity flapjack	Cherry muffin	Chocolate brownie	Chelsea bun	Vanilla shortbread
Hot pudding with custard 80p	Chocolate sponge	Marble sponge	Orange & courgette cake	Apple & mixed berry crumble	Banana cake

Plus a selection of dessert pots, mini cookies & mini home bakes

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup 70p Served with bread roll	Tomato & basil (V) (GF)	Vegetable (V)(GF)	Cauliflower (V) (GF)	Green pea (V) (GF)	Lentil & vegetable (V) (GF)
Main meal £1.80 (Halal & non halal) All main meals come with free veg or side salad	Bangers, mash & gravy served with broccoli & cauliflower	Spicy BBQ chicken thigh or drumstick served with rice & green beans (GF) 	Roast turkey served with roast potatoes & carrots (GF)	Moroccan chicken tagine served with cous cous, peas & sweetcorn (GF)	Tuna pasta bake served with garden peas (GF)
Vegetarian Main Meal £1.80 All main meals come with free veg or side salad	Vegetable & pasta bake served with broccoli & cauliflower (V)(GF)	QUIRKY BIRD Ratatouille served with rice & green beans or Cheesy wedges & beans (V)(GF)	Butternut squash, chickpea and spinach curry served with rice and carrots (V)(GF)	Sweet & sour quorn noodles served with peas & sweetcorn (V)	Cheese & tomato frittata served with garden peas or salad (V)(GF)
Pasta & sauce £1.85 Jacket & filling £1.65 (Halal & non halal) Served with free veg or side salad	Tomato & mixed herbs (V)(GF) Tomato & meatballs (V)(GF)	Tomato & onion (V)(GF) Tomato & mascarpone (V)(GF)	Tomato & chilli (V)(GF) Pepperonatta (V)(GF)	Tomato & oregano (V)(GF) Vegetable chilli (V)(GF)	Tomato & mixed herb (V)(GF) Spicy chicken (GF)
Panini £1.75/£1.90 Served with free veg or side salad	Cheese (V) Or Cheese & beans (V)	Cheese (V) Or Cheese & tomato (V)	Cheese (V) Or Cheese & onion (V)	Cheese (V) Or Cheese & peppers (V)	Cheese (V) Or Cheese & pepperoni
Hot wrap £1.90 (Halal & non halal) Served with free veg or side salad	BBQ Chicken (GF) Sweet & sour quorn (V) (GF)	Cajun chicken (GF) Tomato & mixed veg (V)(GF)	Chicken tikka (GF) vegetable burrito (V)(GF)	Mediterranean chicken (GF) Vegetable curry (V) (GF)	Piri piri chicken (GF) cowboy beans (V) (GF)
Pizza or hot sandwich £1.50 Served with free beans, veg or side salad	Pizza Margarita (V) Or Cheese & pepperoni (GF)	Hot sandwich cheese Or chilli cheese (V)(GF)	Pizza Margarita Or Cheese & sweetcorn (V)(GF)	Hot sandwich cheese Or cheese & peppers (V)(GF)	Hot sandwich Sausage dogs or Beef burger or Veggie burger (V)(GF)
Bake of the day 85p	Lemon muffins	Chocolate shortbread	Cherry muffins	Chocolate muffins	Fruity shortbread
Hot pudding with custard 80p	Sticky chocolate pudding	Oaty peach crumble	Lemon drizzle cake	Apple Pie	Jam & coconut sponge

Plus a selection of dessert pots, mini cookies & mini home bakes

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	
Soup 70p Served with bread roll	Onion & thyme (V)(GF)	Pea & sweetcorn (V)(GF)	Carrot & ginger (V)(GF)	 Destination & discovery theme days	Vegetable (V)(GF)	
Main meal £1.80 (Halal & non halal) All main meals come with free veg or side salad	Chicken in black bean sauce served with rice and green beans (GF)	Babotie (South African bake with curried mince) served with mixed vegetables (GF)	Roast turkey served with roast potatoes & peas & carrots (GF)		Fish pie topped with creamy mashed potato served with garden peas (GF)	
Vegetarian Main Meal £1.80 All main meals come with free veg or side salad	Vegetable chow-mein served with peas & sweetcorn (V)	 Macaroni pasta in cheese sauce with a selection of toppings and vegetables (V)	Spicy bean & vegetable jambalaya served with peas & carrots (V)(GF)		Broccoli, cheese & chive omelette served with garden peas or salad (V)(GF)	
Pasta & sauce £1.85 Jacket & filling £1.65 (Halal & non halal) Served with free veg or side salad	Tomato & basil (V) (GF) Chinese spiced chicken (GF)	Tomato & herb (V) (GF) Volcano chicken (V)(GF)	Tomato & oregano (V) (GF) Cowboy beans (V)(GF)		Tomato & onion (V) (GF) Tomato & chorizo (V) (GF)	Tomato & mixed herb (V) (GF) Mascarpone, tomato & basil (V)(GF)
Panini £1.75/£1.90 Served with free veg or side salad	Cheese (V) Or Cheese & beans (V)	Cheese (V) Or Cheese & pepperoni (V)	Cheese (V) Or Cheese & onion (V)		Cheese (V) Or Cheese & peppers (V)	Cheese (V) Or Cheese & tomato (V)
Hot wrap £1.90 (Halal & non halal) Served with free veg or side salad	Chicken piri piri (GF) Spicy quorn (V)(GF)	Smokey BBQ chicken (GF) Ratatouille (V)(GF)	Chicken tikka (GF) Vegetable curry (V)(GF)	Chipotle chicken (GF) Vegetable & bean burrito (V)(GF)	Greek Gyros chicken (GF) Cowboy beans (V)(GF)	
Pizza or hot sandwich £1.50 Served with free beans, veg or side salad	Pizza Margarita Or Cheese & sweetcorn (V)(GF)	Hot sandwich Cheese & tuna Or Cheese (V)(GF)	Pizza Margarita (V) Or Cheese & pepperoni (GF)	Hot sandwich Cheese & peppers Or Cheese (V) (GF)	Hot sandwich Sausage dogs or Beef burger or Veggie burger (V)(GF)	
Bake of the day 85p	Chocolate muffin	Crispy cake	Chocolate brownie	Fruity flapjack	Vanilla shortbread	
Hot pudding with custard 80p	Pineapple upside down cake	Cherry & apple crumble	Orange & courgette cake	Apple & mixed berry crumble	Banana cake	

Meal Deals

£2.40



Hot Meals

- Any main meal
- Hot dessert or any mini home bake or mini dessert pot or biscuit
- Bottle of water or calypso cup 185ml

Grab & Go Sandwich

- Any pre packed sandwich
- Any mini home bake or mini dessert pot or biscuit
- Bottle of water or calypso cup 185ml

The Kitchen

@ Newall Green High School

Soup meal deal

Soup of the day
with a bread roll

£0.70

Soup of the day
with a slim sandwich

£1.00

Please ask a member of staff for our gluten free & vegan options

The Kitchen

@ Newall Green High School

Morning Break

Available daily

Toast	£0.35
Hash browns	£0.45
Cheese on toast	£0.85
Bagels	£0.85
Half hot baguette	£1.00
Teacake	£1.00
Sausage or bacon barm	£1.50
Porridge (made with soya milk)	Free
Fruit	Free

Daily specials

Monday

Sausage dogs or spicy wedges £1.00

Tuesday

Tortilla chips & sauce or popcorn £0.80

Wednesday

2 x Pancakes £1.10

Thursday

Noodles or pasta pots £1.00

Friday

Croissants £1.20

The Kitchen

Please ask a member of staff for our gluten free & vegan options @ Newall Green High School

The Kitchen

@ Newall Green High School

All Meal Deals	£2.40	Grab & Go Meal Deal	£2.40
<i>Any main, dessert & carton drink or bottle of water</i>		<i>Sandwich, dessert & carton drink or bottle of water</i>	
Main meal	£1.80	Slim egg sandwich	£0.50
Pasta & topping	£1.85	Basic egg sandwich	£1.00
Garlic bread	£0.45	Sandwiches	£1.60
Pizza	£1.50	Baguette	£1.85
Hot wrap	£1.90	Shaker salad	£1.55
Jacket potato	£0.70	Fruit pot - 4oz	£0.45
Jacket with filling	£1.65	Fruit pot - 7oz	£0.85
Baked beans	£0.50	Dessert pot - 4oz	£0.45
Additional fillings	£0.65	Dessert pot - 7oz	£0.85
Potato wedges	£1.00	Home bake mini	£0.45
Soup with bread roll	£0.70	Home bake	£0.85
Hot dessert & custard	£0.80	Biscuits	£0.45
		Cookies	£0.75

Note all of the above come with complimentary vegetables or side salad. Meal deal dessert is one of: hot dessert & custard, mini home bake, biscuit or mini dessert pot.

Meal deal dessert is one of: mini home bake, biscuit or mini dessert pot.

Break time snacks		Drinks	
Teacake	£1.00	Water (2 for £1)500ml	£0.70
Plain Bagel	£0.85	Calypso cup 185ml	£0.50
Hash brown	£0.35	Fresh juice carton 200ml	£0.75
Croissants	£1.05	Milk shake	£0.70
Bacon barm	£1.00	Capri Sun	£0.80
Cheese on toast	£0.85	Juice cuplet 85ml	£0.40
Toast	£0.35		
Fresh fruit	free		
Porridge	free		