

ASHFIELD GIRLS' HIGH SCHOOL - POST PRIMARY MENU - September 2016-2017

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	<ul style="list-style-type: none"> • Mini Pizza • Muffins • Toast • Cheese on Toast 	<ul style="list-style-type: none"> • Toasted Bagels • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Toasted Soda • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Pancakes • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Cheese Soda • Toast • Cheese Muffins
SOUP	<ul style="list-style-type: none"> • Lentil 	<ul style="list-style-type: none"> • Vegetable 	<ul style="list-style-type: none"> • Lentil 	<ul style="list-style-type: none"> • Vegetable 	<ul style="list-style-type: none"> • Cream of Chicken
MAIN	<ul style="list-style-type: none"> • Beefburger in Bap (choice of cheese) • Chicken Curry 	<ul style="list-style-type: none"> • Chicken Pie with Scone Topping • Creamy Tomato and Chicken Pasta 	<ul style="list-style-type: none"> • Baked Gammon • Savoury Mince, Carrot and Onion 	<ul style="list-style-type: none"> • Beef Chilli Wraps • Hotdogs • Fish Fingers 	<ul style="list-style-type: none"> • Chicken Fried Rice with Curry/Gravy • Irish Stew with Crusty Bread
SIDES	<ul style="list-style-type: none"> • Peas • Baked Beans • Chips • Baked Potatoes • Tossed Salad 	<ul style="list-style-type: none"> • Sweetcorn • Baked Beans • Creamed Potatoes • Baked Potatoes • Tossed Salad • Coleslaw 	<ul style="list-style-type: none"> • Shredded Cabbage • Baked Beans • Creamed Potatoes • Roast Potatoes • Baked Potatoes • Tossed Salad • Coleslaw 	<ul style="list-style-type: none"> • Baked Beans • Chips • Baked Potatoes • Tossed Salad 	<ul style="list-style-type: none"> • Fresh Carrots • Baked Beans • Creamed Potatoes • Baked Potatoes • Tossed Salad • Coleslaw
SNACK ITEMS	<ul style="list-style-type: none"> • Chips - Curry/Gravy • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta Pots • Macaroni Cheese • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta Pots • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Chips - Curry/Gravy • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta Pots • Pizza • Various Paninis • Sandwiches/Wraps • Salads
DESSERTS	<ul style="list-style-type: none"> • Flakemeal Biscuits • Jelly • Fresh Fruit • Yogurts 	<ul style="list-style-type: none"> • Chocolate Muffins • Cappuccino Muffins • Lemon Cake • Cookies • Shortbread • Fresh Fruit • Yogurts 	<ul style="list-style-type: none"> • Jelly • Shortbread • Date Fudge • Fresh Fruit • Yogurts 	<ul style="list-style-type: none"> • Flakemeal Biscuits • Jelly • Fresh Fruit • Yogurts • Fruit Smoothies 	<ul style="list-style-type: none"> • Chocolate Muffins • Cappuccino Muffins • Lemon Cake • Cookies • Shortbread • Fresh Fruit • Yogurts

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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	<ul style="list-style-type: none"> • Mini Pizza • Muffins • Toast • Cheese on Toast 	<ul style="list-style-type: none"> • Toasted Bagels • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Toasted Soda • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Pancakes • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Cheese Soda • Toast • Cheese Muffins
SOUP	<ul style="list-style-type: none"> • Lentil 	<ul style="list-style-type: none"> • Vegetable 	<ul style="list-style-type: none"> • Lentil 	<ul style="list-style-type: none"> • Vegetable 	<ul style="list-style-type: none"> • Cream of Chicken
MAIN	<ul style="list-style-type: none"> • Oven Baked Sausages • Chicken Curry 	<ul style="list-style-type: none"> • Chicken and Broccoli Bake • Cajun Chicken Goujons 	<ul style="list-style-type: none"> • Roast Chicken with Stuffing • Lasagne 	<ul style="list-style-type: none"> • Pasta Bolognaise • Hotdogs • Breaded Fish 	<ul style="list-style-type: none"> • Chicken Curry with Boiled Rice • Shepherd's Pie
SIDES	<ul style="list-style-type: none"> • Peas • Baked Beans • Chips • Baked Potatoes • Tossed Salad 	<ul style="list-style-type: none"> • Sweetcorn • Baked Beans • Creamed Potatoes • Baked Potatoes • Tossed Salad • Coleslaw 	<ul style="list-style-type: none"> • Carrot/Parsnip • Baked Beans • Creamed Potatoes • Roast Potatoes • Baked Potatoes • Tossed Salad • Coleslaw 	<ul style="list-style-type: none"> • Baked Beans • Chips • Baked Potatoes • Tossed Salad 	<ul style="list-style-type: none"> • Fresh Carrots • Baked Beans • Creamed Potatoes • Baked Potatoes • Tossed Salad • Coleslaw
SNACK ITEMS	<ul style="list-style-type: none"> • Chips - Curry/Gravy • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta Pots • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta Pots • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Chips - Curry/Gravy • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta Pots • Pizza • Various Paninis • Sandwiches/Wraps • Salads
DESSERTS	<ul style="list-style-type: none"> • Flakemeal Biscuits • Jelly • Fresh Fruit • Yogurts 	<ul style="list-style-type: none"> • Chocolate Muffins • Cappuccino Muffins • Lemon Cake • Cookies • Shortbread • Fresh Fruit • Yogurts 	<ul style="list-style-type: none"> • Jelly • Shortbread • Date Fudge • Fresh Fruit • Yogurts 	<ul style="list-style-type: none"> • Flakemeal Biscuits • Jelly • Fresh Fruit • Yogurts • Fruit Smoothies 	<ul style="list-style-type: none"> • Chocolate Muffins • Cappuccino Muffins • Lemon Cake • Cookies • Shortbread • Fresh Fruit • Yogurts

ASHFIELD GIRLS' HIGH SCHOOL - POST PRIMARY MENU - September 2016-2017

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	<ul style="list-style-type: none"> • Mini Pizza • Muffins • Toast • Cheese on Toast 	<ul style="list-style-type: none"> • Toasted Bagels • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Toasted Soda • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Pancakes • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Cheese Soda • Toast • Cheese Muffins
SOUP	<ul style="list-style-type: none"> • Vegetable 	<ul style="list-style-type: none"> • Lentil 	<ul style="list-style-type: none"> • Vegetable 	<ul style="list-style-type: none"> • Lentil 	<ul style="list-style-type: none"> • Cream of Chicken + Mushroom
MAIN	<ul style="list-style-type: none"> • Chicken Curry • Beefburger in Bap (choice of cheese) 	<ul style="list-style-type: none"> • Oven Breaded Chicken • Chicken and Veg Casserole 	<ul style="list-style-type: none"> • Roast Silverside of Beef • Pasta Bolognese and Crusty Bread 	<ul style="list-style-type: none"> • Chilli Beef Wraps • Hotdogs • Breaded Fish 	<ul style="list-style-type: none"> • Chicken and Sweetcorn Pie • Irish Stew and Crusty Bread
SIDES	<ul style="list-style-type: none"> • Peas • Baked Beans • Chips • Baked Potatoes • Tossed Salad 	<ul style="list-style-type: none"> • Sweetcorn • Baked Beans • Creamed Potatoes • Baked Potatoes • Tossed Salad • Coleslaw 	<ul style="list-style-type: none"> • Fresh Turnip • Baked Beans • Creamed Potatoes • Roast Potatoes • Baked Potatoes • Tossed Salad • Coleslaw 	<ul style="list-style-type: none"> • Baked Beans • Chips • Baked Potatoes • Tossed Salad 	<ul style="list-style-type: none"> • Fresh Carrots • Baked Beans • Creamed Potatoes • Baked Potatoes • Tossed Salad • Coleslaw
SNACK ITEMS	<ul style="list-style-type: none"> • Chips - Curry/Gravy • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta Pots • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta Pots • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Chips - Curry/Gravy • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta and Rice Pots • Pizza • Various Paninis • Sandwiches/Wraps • Salads
DESSERTS	<ul style="list-style-type: none"> • Flakemeal Biscuits • Jelly • Fresh Fruit • Yogurts • Fruit Smoothie 	<ul style="list-style-type: none"> • Chocolate Muffins • Cappuccino Muffins • Lemon Cake • Cookies • Shortbread • Fresh Fruit • Yogurts 	<ul style="list-style-type: none"> • Jelly • Shortbread • Date Fudge • Fresh Fruit • Yogurts 	<ul style="list-style-type: none"> • Flakemeal Biscuits • Jelly • Fresh Fruit • Yogurts • Fruit Smoothies 	<ul style="list-style-type: none"> • Chocolate Muffins • Cappuccino Muffins • Lemon Cake • Cookies • Shortbread • Fresh Fruit • Yogurts

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WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	<ul style="list-style-type: none"> • Mini Pizza • Muffins • Toast • Cheese on Toast 	<ul style="list-style-type: none"> • Toasted Bagels • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Toasted Soda • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Pancakes • Toast • Cheese Muffins 	<ul style="list-style-type: none"> • Cheese Soda • Toast • Cheese Muffins
SOUP	<ul style="list-style-type: none"> • Lentil 	<ul style="list-style-type: none"> • Vegetable 	<ul style="list-style-type: none"> • Lentil 	<ul style="list-style-type: none"> • Vegetable 	<ul style="list-style-type: none"> • Cream of Chicken + Mushroom
MAIN	<ul style="list-style-type: none"> • Chicken Curry • Oven Baked Sausages 	<ul style="list-style-type: none"> • Creamy Chicken Pie with Scone Topping • Cajun Chicken Goujons 	<ul style="list-style-type: none"> • Roast Turkey • Beef and Vegetable Casserole 	<ul style="list-style-type: none"> • Pasta Bolognaise • Hotdogs • Breaded Salmon 	<ul style="list-style-type: none"> • Chicken Curry with Boiled Rice • Lasagne
SIDES	<ul style="list-style-type: none"> • Peas • Baked Beans • Chips • Baked Potatoes • Tossed Salad 	<ul style="list-style-type: none"> • Sweetcorn • Baked Beans • Creamed Potatoes • Baked Potatoes • Tossed Salad • Coleslaw 	<ul style="list-style-type: none"> • Fresh Turnip • Baked Beans • Creamed Potatoes • Roast Potatoes • Baked Potatoes • Tossed Salad • Coleslaw 	<ul style="list-style-type: none"> • Baked Beans • Chips • Baked Potatoes • Tossed Salad 	<ul style="list-style-type: none"> • Fresh Carrots • Baked Beans • Creamed Potatoes • Baked Potatoes • Tossed Salad • Coleslaw
SNACK ITEMS	<ul style="list-style-type: none"> • Chips - Curry/Gravy • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta Pots • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta Pots • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Chips - Curry/Gravy • Pizza • Various Paninis • Sandwiches/Wraps • Salads 	<ul style="list-style-type: none"> • Pasta Pots • Pizza • Various Paninis • Sandwiches/Wraps • Salads
DESSERTS	<ul style="list-style-type: none"> • Flakemeal Biscuits • Jelly • Fresh Fruit • Yogurts • Fruit Smoothie 	<ul style="list-style-type: none"> • Chocolate Muffins • Cappuccino Muffins • Lemon Cake • Cookies • Shortbread • Fresh Fruit • Yogurts 	<ul style="list-style-type: none"> • Jelly • Shortbread • Date Fudge • Fresh Fruit • Yogurts 	<ul style="list-style-type: none"> • Flakemeal Biscuits • Jelly • Fresh Fruit • Yogurts • Fruit Smoothies 	<ul style="list-style-type: none"> • Chocolate Muffins • Cappuccino Muffins • Lemon Cake • Cookies • Shortbread • Fresh Fruit • Yogurts