

Harrow High School – Menu Week One

Menu
Valid Week
Commencing:

5th September

3rd October

7th November

28th November

9th January

6th February

5th March

16th April

14th May

18th June

16th July

Monday

Creole Chicken
with Cajun
Potatoes

Salmon Kedgeree

Spicy Moroccan
Turkey Pasta Pot

Seasonal
Vegetables

Marble Sponge
with Custard

Tuesday

Roast Lamb with
Roast Potatoes

Vegetable
Lasagne

Szechuan
Vegetable Noodle
Pot

Seasonal
Vegetables

Fresh Fruit Salad

Wednesday

Deep Dish
Lasagne

Macaroni Cheese

Chickpea and
Green Lentil Curry
Pilau Rice Pot

Seasonal
Vegetables

Oaty Apple and
Apricot Crumble
with Custard

Thursday

Maryland Chicken
with Chickpea
Salsa

Tomato and
Vegetable Pasta
Bake

Chicken and
Vegetable Stir Fry
Noodle Pot

Seasonal
Vegetables

Traditional Apple
Pie with Ice
Cream

Friday

Oven Baked Fillet
of Fish with Chips

Spinach and Leek
Quiche

Vegetable Biryani
Rice Pot

Garden Peas
Baked Beans

Fruit Jelly

Available Daily:

Mixed Salad, Prepared Salad Boxes, Jacket Potatoes with a Selection of Fillings, Paninis, Baguettes, Sandwiches, Fresh Fruit, Yoghurt and Fresh Fruit Pots, Milk and Fruit Juice



Harrow High School – Menu Week Two

**Menu
Valid Week
Commencing:**

12th September

10th October

14th November

5th December

16th January

20th February

12th March

23rd April

21st May

25th June

Monday

Chilli con Carne
with Rice, Nachos
and Salsa

Cauliflower and
Broccoli Bake

Tomato and
Roasted Red
Pepper Pasta Pot

Seasonal
Vegetables

Apple Crumble
with Ice Cream

Tuesday

Lamb Kofta with
Warm Pitta, Salad
and Tzatziki Dip

Salmon Fish Cake
with Watercress
Mayonnaise

Lentil and Mixed
Bean Chilli Rice
Pot

Seasonal
Vegetables

Fresh Fruit Salad

Wednesday

Roast Chicken,
Roast Potatoes
and Gravy

Roasted
Vegetable Pasta

Chicken Chow
Mein Noodle Pot

Seasonal
Vegetables

Rice Pudding

Thursday

Lamb Rogan Josh
with Rice

Macaroni Cheese

Spinach, Potato
and Chickpea
Curry Rice Pot

Seasonal
Vegetables

Chocolate and
Pear Sponge with
Chocolate Sauce

Friday

Oven Baked Fillet
of Fish with Chips

Tomato and Red
Onion Quiche

Coriander Pesto
Noodle Pot

Garden Peas
Baked Beans

Bakewell Tart with
Custard

Available Daily:

Mixed Salad, Prepared Salad Boxes, Jacket Potatoes with a Selection of Fillings, Paninis, Baguettes, Sandwiches, Fresh Fruit, Yoghurt and Fresh Fruit Pots, Milk and Fruit Juice



Harrow High School – Menu Week Three

**Menu
Valid Week
Commencing:**

19th September

17th October

21st November

12th December

23rd January

27th February

19th March

30th April

28th May

2nd July

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|------------------------------------|---------------------------------------|----------------------------|--------------------------------------|
| Lamb Biriyani with Rice | Roast Beef with Potatoes and Gravy | Jerk Chicken with Rice and Peas | Lamb Tagine with Cous Cous | Oven Baked Fillet of Fish with Chips |
| Potato, Spinach and Chickpea Curry | Vegetable Lasagne | Cuban Baked Fish with Sweetcorn Salsa | Tuna and Pasta Bake | Pasta Bolognese |
| Arrabiata Pasta Pot | Vegetable Stir Fry and Noodle Pot | Chicken Fajita Rice Pot | Lamb Bolognese Pasta Pot | Szechuan Vegetable Noodle Pot |
| Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Garden Peas Baked Beans |
| Apple and Cinnamon Crumble with Custard | Fresh Fruit Salad | Chocolate Sponge with Chocolate Sauce | Fruity Flapjack | Fresh Fruit Salad |

Available Daily:

Mixed Salad, Prepared Salad Boxes, Jacket Potatoes with a Selection of Fillings, Paninis, Baguettes, Sandwiches, Fresh Fruit, Yoghurt and Fresh Fruit Pots, Milk and Fruit Juice



Harrow High School – Menu Week Four

**Menu
Valid Week
Commencing:**

26th September

31st October

28th November

2nd January

30th January

27th February

26th March

7th May

11th June

9th July

Monday

Chicken Tikka
Masala with Rice

Salmon Wrap with
Stir Fried
Vegetables

Turkey and
Creamy
Mushroom Sauce
Pasta Pot

Seasonal
Vegetables

Rhubarb and
Apple Crumble
with Custard

Tuesday

Roast Turkey with
Roast Potatoes
and Gravy

Roasted
Vegetable
Macaroni

Lentil and Mixed
Bean Curry Rice
Pot

Seasonal
Vegetables

Pineapple Upside
Down Pudding
with Custard

Wednesday

Jamaican Lamb
Pie

Baked Creole Fish
with Pineapple
Salsa

Sweet and Sour
Roasted
Vegetable Noodle
Pot

Seasonal
Vegetables

Fresh Fruit Salad

Thursday

Beef Enchilada

Tuna Pasta

Five Bean Chilli
Rice Pot

Seasonal
Vegetables

Jam Sponge with
Custard

Friday

Oven Baked Fillet
of Fish with Chips

Sweet Potato and
Roasted Red
Pepper Quiche

Spicy Tomato,
Olives and Feta
Cheese Pasta Pot

Peas
Baked Beans

Chocolate Crunch
with Chocolate
Sauce

Available Daily:

Mixed Salad, Prepared Salad Boxes, Jacket Potatoes with a Selection of Fillings, Paninis, Baguettes, Sandwiches, Fresh Fruit, Yoghurt and Fresh Fruit Pots, Milk and Fruit Juice

