

Ashfield Boys' High School Menu

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food**

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	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Ovenbaked Crumbed Fish Cheese & Tomato Pizza Peas Chips/Baked Potatoes Muffin /Fresh Fruit	Savoury Mince Roast Chicken & Gravy Carrot & Parsnip Creamed Potatoes Ice Cream Tub	Roast Beef & Gravy Peppered Chicken with Pasta Green Beans Creamed Potatoes Fruit Jelly or Yoghurt	Chicken Curry & Rice Steakburger in Gravy Mixed Vegetables Boiled Potatoes Krispies Traybake	BBQ Chicken Hot Dogs Sweetcorn Chips/Baked Potatoes Raspberry Cookie & Milk
Week Two	Fish Fingers Steakburgers in Gravy Peas, Tossed Salad Chips/Baked Potatoes Yoghurt / Fruit	Oven Baked Sausages Filled Sub Roll Baked Beans Salad/Coleslaw Mashed Potatoes Jelly & Fruit	Roast Turkey Chicken Curry & Rice Cabbage Mashed Potatoes Ice Cream & Fruit	Pasta Bolognaise Roast Chicken & Gravy Carrots Creamed Potatoes Muffins/Milkshake Fresh Fruit	Salmon Fishcakes Ovenbaked Breaded Fish Cheese & Tomato Pizza Baked Beans Salad/Coleslaw Chips/Baked Potatoes Fresh Fruit Salad
Week Three	Hotdog Ovenbaked Crumbed Fish Curry Sauce Sweetcorn Chips/Baked Potatoes Fresh Fruit & Yoghurt	Savoury Mince Fish Fingers Peas Creamed Potatoes Biscuit & Milkshake	Sausagemeat Pie Beef Casserole/Pasta Carrot Battons Mashed Potatoes Jelly & Fruit	Roast Pork with Gravy Chicken Breast in a Curry Sauce Broccoli Mashed Potatoes/Rice Ice Cream /Fresh Fruit	Spicy Chicken Fillets Cheese & Tomato Pizza Baked Beans/Coleslaw Chips/Mashed Potatoes Frozen Strawberry Yoghurts
Week Four	Hot Dogs Battered Fish Baked Beans/Salad Chips/Baked Potatoes Selection Yoghurts/Fresh Fruit	Chicken in BBQ Sauce with Pasta Beef Casserole Sweetcorn Creamed Potatoes Jelly & Fruit	Steakburger in Gravy Roast Turkey Diced Turnip Mash Potatoes Frozen Yoghurt	Mince Bolognaise Filled Sub Rolls Mixed Vegetables Mashed Potatoes Muffin and Milkshake	Oven Baked Fish Fingers Spicy Chicken Fillets Curry Sauce Peas Chips/Rice Slice of Melon Fresh Fruit Salad

