

HARRIS ACADEMY SOUTH NORWOOD MENU

MONDAY 8th November	TUESDAY 9th November	WEDNESDAY 10th November	THURSDAY 11th November	FRIDAY 12th November
Shepherds Pie	Minted Lamb Kebab & Minted Yoghurt	Homemade Beef Burger in a Bun with Salad Relish	Crispy Coated Mustard Chicken Leg	Breaded Haddock
Cumberland Sausages & Onion Gravy	Salmon Fish Cakes	Roasted Honey Baked Gammon	Chilli Con Carne	Grilled Fish & Sauce
Vegetable Korma & Rice	Roasted Vegetable Lasagne	Spanish Omelette	Three Bean Vegetable Chilli	Veggie Wraps
Potatoes Vegetables	Potatoes Vegetables	Roasted Potatoes Vegetables	Potatoes & Rice Vegetables	Chips Peas New Potatoes Reduced Sugar and Salt Baked Beans
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Steamed Sultana Sponge with Custard Vanilla Ice Cream	Fruit Crumble with Custard or Vanilla Ice Cream	Australian Crunchie Custard or Vanilla Ice Cream	Apple Pie Custard or Vanilla Ice Cream	Strawberry Marble Custard or Vanilla Ice Cream



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HARRIS ACADEMY SOUTH NORWOOD MENU

MONDAY 15th November	TUESDAY 16th November	WEDNESDAY 17th November	THURSDAY 18th November	FRIDAY 19th November
Beef Kheema Bhurjee	Turkey Chow Mein	Chicken Pasta Bake	Traditional Beef Lasagne	Breaded Haddock
BBQ Cheese Chicken	Roast Pork & Apple Sauce	Pork Meatballs in Spicy Arabiatta Sauce	Tuna & Sweetcorn Pasta Bake	Grilled White Fish Parsley Sauce
Vegetable & Butternut Squash Tagine	BBQ Cajun Veggie Jambalaya	Vegetable & Bean Tortilla Stack	Quorn Toad in the Hole	Cheese & Spinach Puffs
Potatoes & Rice Vegetables	Roast Potatoes Fresh vegetables	Potatoes Vegetables	Garlic Bread Potatoes	Chips Boiled Potatoes Peas Reduced Sugar and Salt Baked Beans
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Bakewell Tart & Custard Sauce or Vanilla Ice Cream	Cranberry Slice with Custard and Vanilla Ice Cream	Toffee Apple Crumble with Custard Sauce or Vanilla Ice Cream	Steamed Syrup Sponge with Custard Sauce or Vanilla Ice Cream	Rice Pudding & Custard Vanilla Ice Cream

WEEK 3



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HARRIS ACADEMY SOUTH NORWOOD MENU

MONDAY 22nd November	TUESDAY 23rd November	WEDNESDAY 24th November	THURSDAY 25th November	FRIDAY 26th November
Beef Bolognese Fusilli Bake	Chicken Spinach & Potato Curry	Minced Lamb Keema	Jerk Chicken Leg	Breaded Haddock
Sticky Cumberland Pork Sausages	Homemade Beef Burger in A bun Salad & Relish	Cottage Pie	Fish Finger Baguette & Tartare Sauce	Grilled Fish with Garlic & Tomato Sauce
Macaroni Cheese	Cauliflower & Broccoli Cheese	Mexican Chilli Wraps	Curried Vegetable Turnovers	Individual Vegetable fritatta
Potatoes Vegetables	Roasted Potatoes Vegetables	Potatoes Vegetables	Rice & Peas Potatoes Vegetables	Chips Peas Potatoes Reduced Sugar and Salt Baked Beans
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
jam Sponge with Custard Sauce or Vanilla Ice Cream	Strawberry Pie with Caramel Sauce or Vanilla Ice Cream	Eves Pudding & Custard Sauce or Vanilla Ice Cream	Treacle Tart with Custard	Apricot Crumble with Custard Sauce or Vanilla Ice Cream

WEEK 4



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