



St Albans High School for Girls

MENU - Senior School: Monday 6 February 2012 - Friday 10 February 2012

Note: Menus are subject to change in the case of delivery or supply problems

Week 5	MAIN	VEGETARIAN	VEGETABLES	DESSERT
Monday 9 February	PORK & LEEK SAUSAGES YORKSHIRE PUDDING GRAVY	VEGETABLE MINCE LASAGNE	POTATO WEDGES ROASTED VEGETABLES	APPLE CRUMBLE & CUSTARD
Tuesday 10 February	VALENTINE'S MENU	VALENTINE'S MENU	VALENTINE'S MENU	VALENTINE'S MENU
Wednesday 11 February	BEEF & SEASONAL VEGETABLE STEW WITH HERBY DUMPLING	CHEESE LATTICE PASTRIES	CREAMED POTATOES CABBAGE	CHOCOLATE SPONGE & CHOCOLATE SAUCE
Thursday 12 February	ROAST CHICKEN SAGE & ONION STUFFING GRAVY	SWEET POTATO RISOTTO	ROAST POTATOES BROCCOLI CAULIFLOWER	FRUIT JELLY
Friday 13 February	BATTERED POLLOCK LEMON WEDGE	PLAIN OMELETTE	CHIPPED POTATOES BAKED BEANS PEAS	RICE PUDDING & FRUIT COULIS

Also available daily -

PASTA BAR, JACKET POTATOES, A SELECTION OF FRESH SALADS AND HOME FILLED SANDWICHES AND ROLLS, LOW FAT YOGHURTS AND FRESH FRUIT