



St Albans High School for Girls

MENU - Senior School: Monday 30 January 2012 - Friday 3 February 2012

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

Week 4	MAIN	VEGETARIAN	VEGETABLES	DESSERT
Monday 30 January	BEEF BALTI POPPADOMS	SPINACH & ONION QUICHE	RICE CAULIFLOWER	PEAR & PINEAPPLE CRUMBLE & CUSTARD
Tuesday 31 January	LAMB LASAGNE GARLIC & HERB SLICES	SAVOURY VEGETABLE SLICE	SAUTÉ POTATOES ROASTED VEGETABLES	BREAD & BUTTER PUDDING & CUSTARD
Wednesday 1 February	CHICKEN CHASSEUR	VEGETABLE CURRY & RICE	NEW POTATOES CABBAGE	STRAWBERRY CHEESECAKE
Thursday 2 February	ROAST BEEF WITH YORKSHIRE PUDDING	MACARONI CHEESE	ROAST POTATOES SWEETCORN GREEN BEANS	MARBLE SPONGE & CHOCOLATE SAUCE
Friday 3 February	BATTERED COD LEMON WEDGE	PLAIN OMELETTE	CHIPPED POTATOES BAKED BEANS PEAS	LEMON MERINGUE PIE

Also available daily -

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