



NEWPORT GIRLS' HIGH SCHOOL - MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|---------------------|-------------------|--------------------------------|----------------|----------------|
| MAIN MEAL | Sausage Roll | Chicken Wrap | Roast Beef & Yorkshire Pudding | Cottage Pie | Hot Dogs |
| VEGETARIAN CHOICE | Tomato Pasta | Pitta Bread Pizza | Macaroni Cheese | Cheese Pie | Quorn Hot Dogs |
| STARCHY FOOD | Baked Potato Wedges | Curly Fries | Baby Jacket Potatoes | Diced Potatoes | Chips |
| VEGETABLES | Broccoli | Baked Beans | Peas & Carrots | Sweetcorn | Spaghetti |

Please contact a catering team member for Allergen details



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|-------------------|---------------------|-------------------|-----------------|-----------------------------|-----------------|
| MAIN MEAL | Cheese & Ham Pizza | Chilli Con Carne | Roast Chicken | Jacket Potato & Mild Chilli | Chicken Goujons |
| VEGETARIAN CHOICE | Cheese Pizza | Three Bean Chilli | Macaroni Cheese | Jacket Potato & Cheese | Cheese Whirl |
| STARCHY FOOD | Baked Potato Wedges | Rice | Mashed Potatoes | Couscous | Diced Potatoes |
| VEGETABLES | Peas & Sweetcorn | Broccoli | Carrots & Peas | Baked Beans | Spaghetti |

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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|------------------|----------------------|------------------|--------------------|---------------------------|
| MAIN MEAL | Lasagne | Sweet Chilli Chicken | Big Breakfast | Sausage | Fish of the Day |
| VEGETARIAN CHOICE | Quorn Pasta Bake | Veggie Stir Fry | Veggie Breakfast | Quorn Sausage | Macaroni Cheese |
| STARCHY FOOD | Garlic Bread | Noodles | Hash Browns | Mashed Potatoes | Chips |
| VEGETABLES | Peas | Green Beans | Baked Beans | Cauliflower Cheese | Mushy Peas or Baked Beans |

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