

Castle Rushen High School Menu

	<u>Monday</u>	<u>Tuesday - Chip Day</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday – Chip Day</u>
<u>Week 1</u>	Roast Dinner Sausage Pasta Bake Nut Roast Dinner	Chicken Goujons Selection of Sliced Meats Vegetarian Sausages	All Day breakfast Ravioli with Garlic Bread Vegetarian All Day Breakfast	Crispy Chicken Stir Fry with Noodles Beef Curry and Rice Vegetable Curry and Rice	Pizza Selection of Sliced Meats Crispy Garlic Mushrooms
<u>Week 2</u>	Sausage, Mashed Potato, Vegetables and Gravy Chicken Skewers with Savoury Rice Quorn Sausage, Mashed Potato, Vegetables and Gravy	Beef Burger Selection of Sliced Meats Southern Fried Quorn Burger	Sweet & Sour Chicken with Rice Steak Pie, Potatoes, Vegetables & Gravy Cheese & Onion Pie, Potatoes, Vegetables and Gravy	Lasagne with Garlic Bread Chicken Fried Rice with Curry Sauce Vegetarian Lasagne with Garlic Bread	Chicken Nuggets Selection of Sliced Meats Quorn Nuggets
<u>Week 3</u>	Cajun Chicken, Potatoes & Corn on the Cob Pork Steaks, Potatoes, Vegetables and Gravy Quorn Curry and Rice	Hot Dog Selection of Sliced Meats Quorn Hot Dog	Meatballs and Pasta Chicken Curry in an Edible Bowl Vegetarian Meatballs and Pasta	Chilli with Tortilla Crips and Cheese Battered Chicken, Potato, Vegetables and Gravy Vegetarian Chilli with Tortilla Chips and Cheese	Chicken Wrap Selection of Sliced Meats Vegetable Spring Rolls
<u>Week 4</u>	Roast Dinner Chicken Pasta Bake	Chicken Burger Selection of Sliced Meats	Spaghetti Bolognaise Toad in the Hole, Potato, Vegetables and Gravy	Chicken Chunks, Rice with either Sweet & Sour or Curry Sauce Beef Curry and Rice	Pizza Selection of Sliced Meats

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	Vegetarian Pasta Bake	Vegetable Burger	Vegetarian Toad in the hole, Potatoes, Vegetables and Gravy	Quorn Chunks, Rice with either Sweet & Sour or Curry Sauce	Pizza
<u>Week 5</u>	Sausages, Potato Waffles & Beans	Chicken Nuggets	Gammon, Potato, Vegetables & Gravy	Lasagne with Garlic Bread	Battered Fish
	Roast Dinner	Selection of Sliced Meats	Crispy Teriyaki Beef Stir-Fry with Noodles	Chicken Fried Rice with Curry Sauce	Selection of Sliced Meats
	Quorn Sausages, Potato Waffles & Beans	Quorn Nuggets	Nut Roast Dinner	Vegetarian Lasagne with Garlic Bread	Vegetable Samosa
<u>Week 6</u>	Sausage Pasta Bake	Beef Burger	Beef or Chicken Pie, Potato, Vegetables and Gravy	Sweet Chilli Chicken with Noodles	Chicken Nuggets
	Piri Piri Chicken, Hasselback Potato & Vegetables	Selection of Sliced Meats	Macaroni Cheese	Minced Beef, Gravy, Mashed Potato and Vegetables	Selection of Sliced Meats
	Quorn Sausage Bake	Quorn Sausages	Macaroni Cheese	Quorn Mince, Gravy, Mashed Potato and Vegetables	Vegetable Burger

Meal Deals and Sandwich Meal Deals are available as are Plain Pasta and a Small Portion option.

Freshly made Sandwiches, Wraps, Salads, Hot Panini's and Jacket Potatoes are also available daily.

Chips are only available on Tuesday and Friday