

# SOUTHLANDS SCHOOL

## 2023 – 2024 Menu Week 2 & 5

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Option 1

Chef's Choice of Soup



Hot Option 2

Jacket Potato



Hot Option 3

Jacket Potato



Seasonal Veg



Beans & Cheese



Salad Bar / Sandwich  
Tuna / Cheese



Selection of Fresh Fruit  
and Yoghurt



Hot Option 1

Sweet & Sour Chicken  
Hong Kong Style



Hot Option 2

Vegetarian Sweet &  
Sour



Hot Option 3

Jacket Potato



Rice



Corn on the Cob



Salad Bar / Sandwich  
Tuna / Cheese



Pudding of the Day



Hot Option 1

Sausages



Hot Option 2

Meat-Free Sausages



Hot Option 3

Jacket Potato



Cabbage and  
Carrots



Mash



Salad Bar / Sandwich  
Tuna / Cheese



Selection of Fresh Fruit  
and Yoghurt



Hot Option 1

Meatballs in Tomato  
Sauce



Hot Option 2

Vegetarian  
Meatballs



Hot Option 3

Jacket Potato



Salad



Mixed Peppers



Salad Bar / Sandwich  
Tuna / Cheese



Biscuits



Hot Option 1

Chicken Nuggets



Hot Option 2

Quorn Nuggets



Hot Option 3

Jacket Potato



Wedges



Mushy Peas



Salad Bar / Sandwich  
Tuna / Cheese



Selection of Fresh Fruit  
and Yoghurt

