






SPIE CATERING

Walkden High School

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Caribbean Jerk Chicken Legs 	Salmon Fish Cakes 	Roast Chicken Dinner 	Chicken Brochettes Flat Breads 	Breaded Fish  Quorn Diced Chefs Choice Curry
Vegetarian Meals	Cheese whirls	Vegetarian Mixed Bean Wrap	Cheese and Onion Pie	Quorn Sausage Toad In The Hole	
Starchy Foods	Spicy Rice Mash	Mash Wedges	Herby Diced Potato	Sweet Potato	Mash
Vegetables / Salad	Mixed Salad Beans	Mixed Vegetables Chefs Choice	Carrots Peas	Mixed Salad Broccoli Mix	Rice Mixed Salad
Pasta Dishes	Pasta Sauce served daily from the following options: Arrabiata, Basilico, Pomodoro, Chicken – Italiano, Sweet Chilli, Firecracker, Tikka, Torino,				
Jacket Potatoes	Jacket Potato served either Plain or with a choice from a variety of fillings available daily: Tuna, Cheese, Baked Beans and Chefs Choice				
Seasonal Soup	One choice of soup served daily from the following options: Leek and Potato, Butternut Squash and Parsnip, Carrot and Sweet Potato and Chefs choice.				
Self-service salad bar	Various Salad items available daily from the Self-Serve Bar				
Sandwiches	Variety of filled Sandwiches available daily: Chicken, Tuna Mayo, Ham, Cheese, Egg Mayo				
Open Baguettes	Variety of open filled Baguettes available daily from the Self-Serve Bar				
Tortilla	Varieties of filled Tortillas served daily from the following options : Chicken –: Chicken –BBQ, Chinese, Sweet Chilli, Chipotle, Tandoori, and Louisiana.				
Pizza	Cheese & Tomato	Cheese & Tomato	Cheese & Tomato	Cheese & Tomato	Cheese & Tomato
Panini - Ham	Cheese & Ham	Cheese & Ham	Cheese & Ham	Cheese & Ham	Cheese & Ham
Panini - Tomato	Cheese & Tomato	Cheese & Tomato	Cheese & Tomato	Cheese & Tomato	Cheese & Tomato
Dessert	Chocolate Crunch	Mixed Seasonal berry Sponge	Frosted Spiced Carrot Cake	Chocolate and fruit mousse	Jelly and Ice cream tubs
Fresh Fruit	Variety of Fresh Fruit available daily: Apples, Oranges, Bananas, Pears and Seasonal Fruit				
Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
Biscuits	Variety of Biscuits available daily: Ginger, Oatmeal, Chocolate, Orange, Coconut, Chocolate Crunch				
Yoghurts	Variety of Flavours served Daily				
Muffins / Cakes	Variety of Muffins available daily: Lemon, Fruit, Chocolate, Orange, Coconut				
Skimmed Milk - 185ml	Milk	Milk	Milk	Milk	Milk
Bread	Available daily	Available daily	Available daily	Available daily	Available daily
Free Drinking Water	Available daily	Available daily	Available daily	Available daily	Available daily
Hot Drinks	Available daily	Available daily	Available daily	Available daily	Available daily

