



# Wetherby High School Canteen

All our food is prepared from scratch each day on the premises by our experienced kitchen team, in conjunction with a local Michelin guided restaurants, using only the finest quality ingredients, using local suppliers wherever possible.

Week 1	Option 1	Option 2	Sides	Desserts
<b>Monday</b>	Spaghetti Bolognese Veggie pasta	Spicy tomato chicken breast with rice.	Garlic Bread Corn	Vanilla sponge with custard Smoothies
<b>Tuesday</b>	Roast dinner day Locally sourced meat	Leek and potato pie	Mash Yorkshire puddings Roast vegetables	Jam roly-poly Filled pastry tart
<b>Wednesday</b>	Fried Milanese chicken breast	Spanish Omelettes	Twice cooked chips Spicy veg	Fruit salad Apricot cookies
<b>Thursday</b>	Chicken Korma Vegetable curry	Salmon teriyaki	Wholegrain Rice Green beans	Chocolate beetroot brownies Cheese cake
<b>Friday</b>	Wrap Day	Selection of fillings	Salads and salsa	Apple Crumble Milkshakes

## Available everyday

Selection of baguettes and sandwiches

Oven baked Jacket potatoes

Soup of the day

**ALLERGIES AND INTOLRANCES:** All allergies are catered for. Menus can be sent via email highlighting allergies. Please email [agonzalaz@wetherbyhigh.co.uk](mailto:agonzalaz@wetherbyhigh.co.uk) for further information.