



Glenlola Collegiate

WEEK ONE

Week Beginning
 31 Aug, 28 Sep,
 26 Oct, 23 Nov,
 21 Dec, 25 Jan,
 22 Feb, 22 Mar,
 19 April, 17 May,
 14 June

Monday	Tuesday	Wednesday	Thursday	Friday
FOTW: Route 55 Bacon & Cheeseburger with Salad & Slaw V Mac N Cheese Meal of the Day 1 Chicken Goujons/ Wrap Meal of the Day 2 Breaded Fish Starches Chips & Baked Potato Vegetables Petit Pois & Corn, Baked Beans, Salad & Coleslaw <i>Selection of Hot Sauces</i> <i>Available Daily</i> Hot Snacks Vegetable Soup & Wheaten Bread Selection of Paninis Filled Baked Potatoes Pizza Baguette Homemade Dessert Flakemeal Biscuit <i>Fresh Fruit Pots and</i> Yogurt	FOTW: Tex – Mex Grill Chicken Chilli & Lime Quesadilla with Salad & Taco sauce V Tomato & Basil Pasta Meal of the Day 1 Pasta Bolognese & Garlic Bread Meal of the Day 2 Hot Dogs with Onions Starches Pasta & Mash Potatoes Vegetables Diced Carrots, Salad & Baked Beans <i>Selection of Hot Sauces</i> <i>Available Daily</i> Hot Snacks Lentil Soup & Petit Pain Selection of Paninis Filled Baked Potatoes Pulled Pork Bap Homemade Dessert Chocolate Brownie <i>Fresh Fruit Pots and</i> Yogurt	FOTW: Feast from the East Salt & Chilli chicken bites with rice V Vegetarian Curry and Naan bread Meal of the Day 1 Chicken Curry & Naan bread Meal of the Day 2 Chicken Stack with Pepper Sauce & Tobacco Onions Starches Chips, Rice & Mash Vegetables Sliced Green Beans <i>Selection of Hot Sauces</i> <i>Available Daily</i> Hot Snacks Tomato Soup & Wheaten Bread Selection of Paninis Chicken Fillet Burger Filled Baked Potatoes Homemade Dessert Krispie Squares <i>Fresh Fruit Pots and</i> Yogurt	FOTW: The Sub Hub Pepperoni Pizza Sub with Salad & Slaw V Cauliflower Cheese Meal of the Day 1 Roast Chicken & Stuffing Meal of the Day 2 Cottage Pie Starches Roast & Mashed Potatoes Vegetables Cauliflower & Broccoli <i>Selection of Hot Sauces</i> <i>Available Daily</i> Hot Snacks Carrot & Coriander Soup & Bread Selection of Paninis Filled Baked Potatoes Beef Burger in Brioche Bap Homemade Dessert Homemade Chocolate Cookies <i>Fresh Fruit Pots and</i> Yogurt	FOTW: Global Street Eatz – France Croque Monsieur with Ham & Cheese or Chicken & Bacon V Savoury Rice Meal of the Day 1 Beef Chilli in Taco Boats Meal of the Day 2 Loaded chips Starches Chips & Rice Vegetables Roasted Mixed Peppers & Salad <i>Selection of Hot Sauces</i> <i>Available Daily</i> Hot Snacks Potato & Leek Soup Wheaten Bread Selection of Paninis Filled Baked Potatoes Chicken Wings Homemade Dessert Homemade Muffin <i>Fresh Fruit Pots and</i> Yogurt

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WEEK TWO

Week Beginning
7 Sept, 5 Oct,
2 Nov, 30 Nov,
4 Jan, 1 Feb,
1 Mar, 29 Mar,
26 Apr, 24 May,
21 June

Monday	Tuesday	Wednesday	Thursday	Friday
FOTW: Route 55 Fire Crunch Chicken Burger, Hash Brown Franks Mayo & Slaw V Veggies & Sweet Chilli Meal of the Day 1 Fish Goujon Wrap Meal of the Day2 Chicken Curry & Naan Starches Rice & Chips, Filled Baked Potatoes Vegetables Green Beans, Salad Coleslaw Hot Sauces available daily Hot snacks Chicken Fajitas Butternut Squash Soup Fresh Wheaten Bread Selection of Paninis Filled Baked Potatoes Homemade Dessert Date Krispie Fresh Fruit Pots Fruit Yogurt	FOTW: Tex – Mex Grill Beef Burrito Bowl with Grated Cheese & salsa V Veggie Chilli Nachos Meal of the Day 1 Chicken Broccoli Bake with Herbed Crumb Top Meal of the Day2 Crispy Chilli Beef Starches Rice & Noodles, Seasoned Baby Boiled Potatoes Vegetables Broccoli Florets & Baton Carrots Selection of Hot Sauces available daily Hot snacks Fresh Veg Soup & Bread Selection of Paninis Filled Baked Potatoes Pizza Slices Homemade Dessert Chocolate Brownie Fresh Fruit Pots and Yogurt	FOTW: Feast from the East Thai Red Chicken Curry, Rice & Naan V Creamy Garlic Broccoli Pasta Bake Meal of the Day 1 BBQ Pork Rib steaks in a Sub roll Meal of the Day2 Hunters Chicken Starches Chips, Rice & Filled Baked Potatoes Vegetables Carrot & Swede Mash Selection of Hot Sauces available daily Hot snacks Lentil Soup & Petit Pain Selection of Paninis Beef Burger Homemade Dessert Flakemeal biscuit Fresh Fruit Pots and Yogurt	FOTW: The Sub Hub Louisiana Creole Chicken Sub with Salad & Slaw V Roast Quorn Fillet Meal of the Day 1 Roast Turkey & Stuffing Meal of the Day2 Beef Chilli, Rice & Tortilla Chips Starches Mash & Roast Potato Vegetables Broccoli & Cauliflower Selection of Hot Sauces available daily Hot snacks Carrot & Coriander Soup Wheaten Bread Selection of Paninis Filled Baked Potatoes Pulled Beef Wrap/Brioche Homemade Dessert Fifteens Fresh Fruit Pots and Yogurt	FOTW: Global Street Eatz – France Hot & Spicy Calzone with Side Salad V Sweet & Sour Vegetables with Rice Meal of the Day 1 Spice Bags Meal of the Day 2 Loaded Chips Meal of the Day 3 Marinated Salmon Starches Chips, Rice & Filled Baked Potatoes Vegetables Brussell Sprouts & Salad Selection of Hot Sauces available daily Hot snacks Leek & Potato Soup & Petit Pain Selection of Paninis Wings Homemade Dessert Chocolate Cookie Fresh Fruit Pots and Yogurt

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WEEK THREE

Week Beginning

14 Sep, 12 Oct,

9 Nov, 7 Dec,

11 Jan, 8 Feb,

8 Mar, 5 Apr,

3 May, 31 May,

28 June

Monday	Tuesday	Wednesday	Thursday	Friday
FOTW: Route 55	FOTW: Tex – Mex Grill	FOTW: Feast from the East	FOTW: The Sub Hub	FOTW: Global Street
Mac & Cheese Bowl topped with Smokey Bacon Bits	Chicken Enchilada with Salad & Guacamole Style Sauce	Honey Chilli Chicken & Rice	Philly Cheese Steak with Salad & Slaw	Vietnamese Chicken
V Mac N Cheese	V Veggie Bolognese	V Spicy Bean Burger	V Pesto Pasta	Banhi Mi with Asian Slaw
Meal of the Day 1	Meal of the Day 1	Meal of the Day 1	Meal of the Day 1	Meal of the Day 1
Chicken Burger with Brioche/Bap, Lettuce and Mayo	Pasta Bolognese with Garlic Bread & Cheese	Creamy Salmon Pasta	Roast Gammon & Stuffing	V Veggie Mince Burrito
Meal of the Day 2	Meal of the Day 2	Meal of the Day 2	Meal of the Day 2	Meal of the Day 2
Chicken Fried Rice	Sausages / Hot Dogs	Chicken Curry & Naan	Lasagne with Garlic Bread	Chicken Goujons Wraps/ Baguettes
Starches	Starches	Starches	Starches	Starches
Chips, Rice & Filled Baked Potatoes	Pasta & Mash	Rice, Chips & Filled Baked Potatoes	Roast & Mash Potato	Beef Burrito Bowl
Potatoes	Vegetables	Vegetables	Vegetables	Starches
Sliced Green Beans	Mixed Root Veg,, Salad & Beans	Baby Spinach & Mixed Leaves	Cauli & Broccoli, Salad & Coleslaw	Chips, Rice & Filled Baked Potatoes
Roasted Cherry Tomatoes	Selection of Hot Sauces	Selection of Hot Sauces	Selection of Hot Sauces	Vegetables
Selection of Hot Sauces	available daily	available daily	available daily	Beetroot & Apple Slaw
available daily	Hot snacks	Hot snacks	Hot snacks	Selection of Hot Sauces
Hot snacks	Butternut Squash Soup	Hot snacks	Tomato Soup	available daily
Homemade Veg Soup	Petit Pain	Lentil Soup & Wheaten	Selection of Paninis	Petit Pois
Selection of Paninis	Selection of Paninis	Selection of Paninis	Filled Baked Potatoes	Hot snacks
BBQ Pulled Pork Bap	Filled Baked Potatoes	BBQ Spicy Beef	Wings	Leek & Potato Soup
Homemade Dessert	Homemade Dessert	Wraps/Brioche	Homemade Dessert	Selection of Paninis
Flakemeal Biscuit	Chocolate Brownie	Krispie Squares	Fifteens	Beef Burgers
Fresh Fruit Pots Selection	Fresh Fruit Pots and Yogurt	Fresh Fruit Pots and Yogurt	Fresh Fruit Pots and Yogurt	Homemade Dessert
of Yogurts				Homemade Cookies
				Fresh Fruit Pots and Yogurt

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WEEK FOUR
Week Beginning
 21 Sept, 19 Oct,
 16 Nov, 14 Dec,
 18 Jan, 15 Feb,
 15 Mar, 12 Apr,
 10 May, 7 June

Monday	Tuesday	Wednesday	Thursday	Friday
FOTW: Route 55 Wings with Your Sauce Choice V Veggie Stir Fry Meal of the Day 1 Fish Goujon Wraps Meal of the Day 2 Katsu Chicken Curry Starches Rice, Chips & Filled Baked Potatoes Vegetables Baton Carrots & Peas Selection of Hot Sauces available daily Hot Snacks Homemade Veg Soup Wheaten Bread Selection of Paninis Shredded BBQ Chicken Flatbread/ Wraps/ Brioche Homemade Dessert Flakemeal Biscuit Fresh Fruit Pots and Yogurt	FOTW: Tex – Mex Grill Chilli Beef Nachos & Rice Topped with Jalapenos & Cheese V Veggie Nachos Meal of the Day 1 Cottage Pie Meal of the Day 2 BBQ Rib steak Sub Roll Starches Seasoned Baby Boiled Potatoes, Rice & Filled Baked Potatoes Vegetables Savoy Cabbage Diced Carrots Selection of Hot Sauces available daily Hot Snacks Cream of Celery Soup & Wheaten Selection of Paninis Pizza Slice Homemade Dessert Chocolate Brownie Fresh Fruit Pots and Yogurt	FOTW: Feast from the East General Tso's Chicken & Rice V Mac N Cheese Meal of the Day 1 Chicken Curry & Naan Meal of the Day 2 Crispy Beef & Peppers Starches Rice, Filled Baked Potatoes & Chips Vegetables Garden Peas, Carrots Selection of Hot Sauces available daily Hot Snacks Lentil Soup & Bread Selection of Paninis Beef Burger Homemade Dessert Chocolate Chip Cookie Fresh Fruit Pots and Yogurt	FOTW: The Sub Hub Chicken Mozzarella & Pesto melt with Salad & Slaw V Tomato & Basil Pasta Meal of the Day 1 Roast Beef, Yorkshire Pudding & Stuffing Meal of the Day 2 Chicken Korma & Rice Starches Roast & Mash Potato Vegetables Brussel Sprouts, Carrot & Parsnip Mash & Salad Selection of Hot Sauces available daily Hot Snacks Tomato Soup & Bread Selection of Paninis Filled Baked Potatoes BBQ Pulled Pork Bap Homemade Dessert School Cake Fresh Fruit Pots and Yogurt	FOTW: Global Street Eatz Gyro with Salad & Spiced Yoghurt Sauce V Veggie Burger Meal of the Day 1 Sausages/Hot Dogs with Onions Meal of the Day 2 Southern Fried Chicken Goujons/Wrap Starches Chips, Mash & Filled Baked Potatoes Vegetables Salad & Beans Selection of Hot Sauces available daily Hot Snacks Cream of Mushroom Soup & Bread Selection of Paninis Roast Beef Sub Homemade Dessert Homemade Muffin Fresh Fruit Pots and Yogurt

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