

Dereham Neatherd High School Menu

Week 1

w/c 02/09/24, 23/09/24, 14/10/24, 11/11/24, 02/12/24, 06/01/25, 27/01/25, 24/02/25, 17/03/25
21/04/25

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sweet Sour Chicken	Beef lasagne	Toad in the Hole	Chicken & Ham pie with short crust pastry	Battered Fish Fillet - American Cheeseburger
Vegetarian	Tempura vegetables	Vegetable spring roll with savoury rice	Roasted Vegetable Turnover	Roasted Vegetable Tagine & Cous Cous	Sweet potato fritter
Accompaniments	Fluffy Rice	Garlic Focaccia Green salad	Roasted Potatoes Seasonal Vegetables	Crushed new potatoes Mixed Green Leaves	Chips Baked Beans Mushy Peas
Grab & Go Hot Menu	Jacket potato Bar	Chicken Burrito	Cheesy Pasta Bake	Pizza Baguette	Satay chicken salad
Hot Dessert	Chocolate Brownie	Eton Mess	Chocolate pudding & chocolate Custard	Fruit jelly	Lemon Cheesecake

Week 2

w/c 09/09/24, 30/09/24, 21/10/24, 18/11/24, 09/12/24, 13/01/25, 03/02/25, 03/03/25, 24/03/25, 28/04/25

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Butter Chicken	Chicken spring roll with Special fried rice	Roast Pork with Crackling & Apple Sauce	Spiced Sausage Pasta	Fish Fingers – Battered Sausages – Chicken Burger
Vegetarian	Sweet potato & chickpea Puri on naan	Spinach & Ricotta cheese Tortellini	Vegetable & mixed bean chilli with rice	Vegetable & Mushroom Stroganoff	Mixed Bean Burger & Slaw
Accompaniments	Fluffy Rice Tomato, Cucumber Mint salad chapati	Garlic Focaccia Mixed Salad	Roasted Potatoes Seasonal Vegetables	Mixed salad	Chips Baked Beans Mushy Peas
Grab & Go Hot Menu	Mac n Cheese w/Focaccia bread	Loaded Nachos Beef Chilli, Jalapenos & Cheese	Arrabbiata Pasta	BBQ chicken & cheese Panini	Mackerel Salad
Hot Dessert	Cookie	Fruit jelly	Fruit crumble custard	Carrot cake	Fruit fool

Week 3

w/c 16/09/24, 07/10/24, 04/11/24, 25/11/24, 16/12/24, 20/01/25, 10/02/25, 10/03/25, 31/03/25, 05/05/25

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Tikka	Cheese & Bacon Pasta	Roast Gammon & Stuffing	Chicken Shawarma	Battered Fish Fillet – Battered Sausage Southern fried chicken
Vegetarian	Vegetable Pakora	Mushroom & Pea Risotto	Vegetable Frittata	Quorn & vegetable Shawarma Pitta	Lemon and garlic orzo topped with roasted vegetables
Accompaniments	Fluffy Rice Naan Bread Minted onion Salad	Focaccia Sour Cream Salsa	Roast Potatoes Seasonal Vegetables	Potato Wedges Mixed leaves	Chips Baked Beans Mushy Peas
Grab & Go Hot Menu	Jacket potato Bar	Chilli Con Carne Rice	Beef al Forno (Bolognese) Focaccia	Cheese and Ham Panini	Salmon pesto salad
Hot Desserts	Birthday Cake	Fruit Jelly	Syrup sponge & Custard	Blueberry Crumble muffin	Apple Tart & Cream



Grab & Go Cold Menu

Jacket Potatoes Served Daily with a Variety of Fillings
A Selection of Freshly Filled Breads
A Daily Choice of Fruit Options, Desserts and Homemade Cakes and Biscuits
Bottled Water
Fresh Milk



Break Menu

Monday
Sausage Roll - £1.20
Waffle- £1.10

Tuesday
Homemade Pizza - £1.50
Spiced Wedges –£ 1.20
Waffle - £1.10

Wednesday
Toastie - £1.20
Waffle - £1.10
Potato Puffs - £1.20

Thursday
Loaded Nachos - £1.20
Hash Brown Bites – £1.20
Waffles - £1.10

Friday
Sausage Roll - £1.20
Waffle- £1.10
Pasta pot - £1.20