

Mearns Castle High School Menu

THE SATELLITE MENU

WEEK 1 -	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP IT UP 65p	Lentil Soup Chef's Special	Tomato and Basil Chef's Special	Veg and rice Chef's Special	Spring vegetable Chef's Special	Potato & Leek Chef's Special
SNACK SENSATION served with salad £1.65	Cheeseburger in a bun	Chicken burger in a bun	American sausage in a sub roll	Beefburger	Cheesy Beano's
PANINI £1.75 PIZZA from £1.40	Assorted paninis with a choice of Cheese, Cheese and Ham, Tuna Melt, Chicken Salsa Roasted vegetable pizza	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, BBQ Chicken Cheese and tomato pizza	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa Ham and pineapple pizza	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, BBQ Chicken Cheese & Tomato Pizzini	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa Pepperoni pizza
PASTA N SAUCE £1.75	Tomato & Herb	Cheesy Macaroni	Quorn Chilli Pasta	Cheesy Macaroni	Carbonnara
GRAB AND GO from £1.10	Assorted breads and baguettes filled with a choice of sliced ham, Tuna Mayonnaise, Grated cheese, Egg mayonnaise, Chicken Mayonnaise served with a variety of salad vegetables				
DESSERT OF THE DAY £0.60	Raspberry Frozen Yoghurt	Caramel Flan & Custard	Shortbread	Toffee Sponge and Custard	Ice Cream

DELI BAR

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB AND GO DELI SPECIAL	Choose One	Harvester Baguette Tortilla Wrap Bagel Pasta Twists Jacket Potato	Harvester Baguette Tortilla Wrap Bloomer Noodles Jacket Potato	Harvester Baguette Tortilla Wrap Sub Roll Cous Cous Jacket Potato	Harvester Baguette Tortilla Wrap Flat Bread Pasta Twists Jacket Potato	Harvester Baguette Tortilla Wrap Bloomer Bread Noodles Jacket potato
FILLING OPTION One filling £1.75 Two fillings £2.00	Choose	Chicken pieces, Honey roast ham, Sliced cheddar cheese and Flaked tuna, available daily				
DRESSINGS	Choose one Dressing	Chicken Bar Smoked Salmon & cream cheese	Fish Goujons Chicken & bacon	Pulled Pork Flaked Salmon	Meatballs Prawns	Marinated Chicken Sliced Egg
SELECTION OF VEGETABLES		Selection of sauces available daily including Mayonnaise, Tikka mayonnaise, Barbeque and sweet chilli				
DESIGN YOUR OWN SALAD BOX		Selection of vegetables ranging from Coleslaw, shredded lettuce, sliced tomato, red onion, sliced cucumber, sweetcorn, Tossed salad, Roasted vegetables and sliced peppers				
		Select one filling option and add 5 vegetables and a dressing of choice				

THE CAFÉ MENU (to be served in Lecture Theatre)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DELUXE DELI OPTION	Selection of filled deli bar breads and fillings				
PANINI	Assorted paninis with a choice of Cheese, Cheese and Ham, Tuna Melt, Chicken Salsa	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, BBQ Chicken	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, BBQ Chicken	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa
TOASTIES	Various fillings available daily				

HIGH SCHOOL MENU					
THE HUB MENU					
WEEK 2-	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP IT UP 65p	Golden Lentil Soup Chefs Special	Potato Soup Chefs Special	Tomato & Veg Soup Chefs Special	Minestrone Soup Chefs Special	Vegetable and Rice Soup Chef's Special
TRADITIONAL TASTES £1.65	Marinated Chicken served with roasted vegetables	Beef Lasagne served with crunchy coleslaw and fresh salad	Quesedias served with nachos and salad	Family Favourite breaded fish, chips and garden peas	Chicken Tikka Masala with wild rice and seasonal vegetables
SNACK SENSATION served with salad £1.65	Cheeseburger in a bun	Chicken burger in a bun	American sausage in a sub roll	Beefburger	Cheesy Beano's
PANINI £1.75 PIZZA from £1.40	Assorted paninis with a choice of Cheese, Cheese and Ham, Tuna Melt, Chicken Salsa Roasted vegetable pizza	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Pulled Pork in BBQ sauce Cheese and tomato pizza	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa Ham and pineapple pizza	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, BBQ Chicken Cheese & Tomato Pizzini	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa Pepperoni pizza
PASTA N SAUCE £1.75	Tomato & Herb	Cheesy Macaroni	Creamy Roasted Veg	Cheesy Macaroni	Tomato & Basil
GRAB AND GO from £1.10	Assorted breads and baguettes filled with a choice of sliced ham, Tuna Mayonnaise, Grated cheese, Egg mayonnaise, Chicken Mayonnaise served with a variety of salad vegetables				
DESSERT OF THE DAY	Rowan Glen Yoghurt	Raspberry Muffin	Oaty Biscuit	Jam & Coconut Tart	Ice Cream

DELI BAR					
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB AND GO DELI SPECIAL	Harvester Baguette Tortilla Wrap Bagel Pasta Twists Jacket Potato	Harvester Baguette Tortilla Wrap Bloomer Noodles Jacket Potato	Harvester Baguette Tortilla Wrap Sub Roll Cous Cous Jacket Potato	Harvester Baguette Tortilla Wrap Flat Bread Pasta Twists Jacket Potato	Harvester Baguette Tortilla Wrap Bloomer Bread Noodles Jacket potato
FILLING OPTION One filling £1.75 Two fillings £2.00	Chicken pieces, Honey roast ham, Sliced cheddar cheese and Flaked tuna available daily				
	Chicken Bar Smoked Salmon & cream cheese	Fish Goujons Chicken & bacon	Pulled Pork Flaked Salmon	Meatballs Prawns	Marinated Chicken Sliced Egg
DRESSINGS	Selection of sauces available daily including Mayonnaise, Tikka mayonnaise, Barbeque and sweet chilli				
SELECTION OF VEGETABLES	Selection of vegetables ranging from Coleslaw, shredded lettuce, sliced tomato, red onion, sliced cucumber, sweetcorn, Tossed salad, Roasted vegetables and sliced peppers				
Design your salad box	Selection of cold meat, cheese and tuna mayonnaise salad boxes				

THE CAFÉ MENU					
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP IT UP 65p	Golden Lentil Soup Chefs Special	Potato Soup Chefs Special	Tomato & Veg Soup Chefs Special	Minestrone Soup Chefs Special	Vegetable and Rice Soup Chef's Special
DELUXE DELI OPTION	Selection of filled deli bar breads and fillings				
PANINI	Assorted paninis with a choice of Cheese, Cheese and Ham, Tuna Melt, Chicken Salsa	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, BBQ Chicken	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, BBQ Chicken	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa
TOASTIES	Various fillings available daily	Various fillings available daily	Various fillings available daily	Various fillings available daily	Various fillings available daily

HIGH SCHOOL MENU

THE HUB MENU

WEEK 3 -	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP IT UP 65p	Golden Lentil Soup Chefs Special	Potato Soup Chefs Special	Carrot & Corriander Soup Chefs Special	Minestrone Soup Chefs Special	Vegetable and Rice Soup Chef's Special
TRADITIONAL TASTES £1.65	Country Sausage Hotpot with creamy mash and seasonal vegetables	Chicken Korma served with Wild rice and seasonal vegetables	Pie & Beans	Family Favourite breaded fish, chips and garden peas	Creamy Chicken Pie with new potatoes and green beans
SNACK SENSATION served with salad £1.65	Cheeseburger in a bun	Chicken burger in a bun	American sausage in a sub roll	Beefburger	Cheesy Beano's
PANINI £1.75 PIZZA from £1.40	Assorted paninis with a choice of Cheese, Cheese and Ham, Tuna Melt, Chicken Salsa Roasted vegetable pizza	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, BBQ Chicken Cheese and tomato pizza	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa Ham and pineapple pizza	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, BBQ Chicken Cheese & Tomato Pizzini	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa Pepperoni pizza
PASTA N SAUCE £1.75	Tomato & Herb	Cheesy Macaroni	Creamy Roasted Veg	Beef Bolognaise	Tomato & Basil
GRAB AND GO from £1.10	Assorted breads and baguettes filled with a choice of sliced ham, Tuna Mayonnaise, Grated cheese, Egg mayonnaise, Chicken Mayonnaise served with a a variety of salad vegetables				
DESSERT OF THE DAY £0.60	Krispie Cake	Ice Cream	Rowan Glen Yoghurt	Raspberry Muffin	Fruit Crunchy Bisc

DELI BAR

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GRAB AND GO DELI SPECIAL	Choose One	Harvester Baguette Tortilla Wrap Bagel Pasta Twists Jacket Potato	Harvester Baguette Tortilla Wrap Bloomer Noodles Jacket Potato	Harvester Baguette Tortilla Wrap Sub Roll Cous Cous Jacket Potato	Harvester Baguette Tortilla Wrap Flat Bread Pasta Twists Jacket Potato	Harvester Baguette Tortilla Wrap Bloomer Bread Noodles Jacket potato
FILLING OPTION One filling £1.75 Two fillings £2.00	Choose	Chicken pieces, Honey roast ham, Sliced cheddar cheese and Flaked tuna available daily				
DRESSINGS	Choose one Dressing	Chicken Bar Smoked Salmon & cream cheese	Fish Goujons Chicken & bacon	Pulled Pork Flaked Salmon	Meatballs Prawns	Marinated Chicken Sliced Egg
SELECTION OF VEGETABLES	Selection of vegetables ranging from Coleslaw, shredded lettuce, sliced tomato, red onion, sliced cucumber, sweetcorn, Tossed salad, Roasted vegetables and sliced peppers					
Design your salad box	Selection of cold meat, cheese and tuna mayonnaise salad boxes					

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP IT UP 65p	Golden Lentil Soup Chefs Special	Potato Soup Chefs Special	Carrot & Corriander Soup Chefs Special	Minestrone Soup Chefs Special	Vegetable and Rice Soup Chef's Special
DELUXE DELI OPTION	Selection of filled deli bar breads and fillings				
PANINI	Assorted paninis with a choice of Cheese, Cheese and Ham, Tuna Melt, Chicken Salsa	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, BBQ Chicken	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, BBQ Chicken	Assorted paninis with a choice of Cheese, Cheese & Ham, Tuna Melt, Chicken Salsa
TOASTIES	Various fillings available daily	Various fillings available daily	Various fillings available daily	Various fillings available daily	Various fillings available daily