

Senior School Lunch Menu Week 1

Week Commencing 20th April, 11th May, 8th June and 29th June	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Homemade Tomato and Roasted Red Pepper Soup served with Homemade Bread	Homemade Potato and Watercress Soup served with Homemade Bread	Homemade Spiced Cauliflower Soup served with Homemade Bread	Homemade Carrot and Coriander Soup served with Homemade Bread	Homemade Vegetable Soup served with Homemade Bread
Hero Dish Choice with Sides GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Mac and Cheese served with Sliced Pepperoni, Jalapenos, Crispy Onions and Italian Dressed Mixed Leaf Salad and with a Slice of Garlic Bread	Thai Style Chicken Pad Thai and served with Mini Pancake Roll and Asian Ribbon Salad	Minced Beef Lasagne al Forno served with a Slice of Fresh Bread and a Balsamic Dressed Side Salad	Butter Chicken served with Pilau Rice, Poppadum's and Indian Sambals	Fish Shop Friday: Breaded Fish Fillet served with a Lemon Wedge, Homemade Tartare Sauce or Jumbo Pork Sausage, served with Chipped Potatoes with Curry Sauce and Mushy Peas
Kitchen Garden Choice with Sides GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Mac and Cheese served with Jalapenos, Crispy Onions, Italian Dressed Mixed Leaf Salad and with a Slice of Garlic Bread	Char Sui Aubergine served with Steamed Rice, Mini Pancake Roll and Asian Ribbon Salad	Mediterranean Vegetable Lasagne al Forno served with a Slice of Fresh Bread and a Balsamic Dressed Side Salad	Butternut Squash and Wow Butter Curry served with Pilau Rice, Poppadum's and Indian Sambals	Halloumi and Pepper Skewer served with Chipped Potatoes, Rainbow Slaw and Pineapple Salsa
Salad Market  GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Chicken Caesar Salad, Beetroot Hummus and Pitta Bread  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Herb Cous Cous with Radish, Olives and Baby Spinach Salad and Sweet Potato Salad with Kale and a Vegan Dressing  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Watermelon, Mint, Cucumber and Feta Salad and Mexican Bean and Tomato Salad Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Quinoa Super Cauli Salad with Coriander Dressing and Pesto Boccioni Salad Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Pickled Onions and Pickled Gherkins and Seasonal Mixed Salad Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains
Refuel Selection of Daily Fresh Filled Rolls GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF 	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings
Dessert	Slice of Orange Drizzle Cake	Eton Mess	Strawberry Sponge Roll Slice	White Chocolate and Raspberry Blondie Square	Homemade Lemon Shortbread Biscuit
Fruit, Jellies & Yoghurt Pots 	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots

Senior School Lunch Menu Week 2

Week Commencing 27 th April, 18 th May, 15 th June and 6 th July	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Homemade Tomato Soup served with Homemade Bread	Homemade Fiery Chickpea and Harissa Soup served with Homemade Bread	Homemade Italian Style Minestrone Soup served with Homemade Bread	Homemade French Onion Soup served with Homemade Bread	Homemade Smoky Tomato and Orzo Soup served with Homemade Bread
Hero Dish Choice with Sides GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Chicken, Mozzarella and Tomato Pasta Bake served a Slice of Garlic Bread and Tossed Salad 	Homemade Sausage Roll served Oven Baked Wedge Potatoes and Baked Beans	Harissa Spiced Chicken Thigh with Aji Limo Verde and served with Harissa Roasted Mediterranean Vegetables and Smoked Paprika Orzo	Chilli con Carne served with Steamed Rice, Crispy Nachos, Tomato Salsa, Soured Cream and Fresh Guacamole	Homemade Meat Feast Pizza served with Chipped Potatoes, Rainbow Slaw and Side Salad
Kitchen Garden Choice with Sides GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Three Cheese Ravioli served with a Fresh Tomato and Basil Sauce and with a Slice of Garlic Bread and Tossed Salad 	Pea and Asparagus Tart served with Oven Baked Potato Wedges and Seasonal Side Salad	Baked Harissa flavoured Halloumi with Aji Limo Verde and served with Harissa Roasted Mediterranean Vegetables and Smoked Paprika Orzo	Spicy Bean Chilli served with Steamed Rice, Crispy Nachos, Tomato Salsa, Soured Cream and Fresh Guacamole	Homemade Margarita Pizza served with Chipped Potatoes, Rainbow Slaw and Side Salad
Salad Market  GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Beetroot, Fennel and Feta Salad and Watercress Salad with Chickpeas, Sweetcorn and Cucumber  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Cannellini Bean, Cherry Tomato and Rosemary Salad and Herby Cous Cous with Radish, Olive and Baby Spinach Salad  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Persian Potato Salad with Crispy Chickpeas and Grilled Courgettes and Coronation Cauliflower with Diced Pineapple and Chilli Salad  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Mexican Chop Salad and Caprese Salad  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Sweetcorn, Black Bean with Chipotle, Lime and Sour Cream Salad  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains
Refuel  Selection of Daily Fresh Filled Rolls GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings
Dessert 	Slice of Banoffee Pie	Ice Cream Sundae	Traditional Flapjack Slice	Strawberry Victoria Sandwich with Fresh Cream	Home Baked Cookie
Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots

Senior School Lunch Menu Week 3

Week Commencing: 4 th May, 1 st June and 22 nd June	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Homemade Mexican Bean Soup served with Homemade Bread	Homemade Butternut Squash and Coriander Soup served with Homemade Bread	Homemade Courgette, Pea and Pesto Soup served with Homemade Bread	Homemade Leek and Potato Soup served with Homemade Bread	Homemade Split Pea and Vegetable Soup served with Homemade Bread
Hero Dish Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Pasta Carbonara with Chicken and Pesto served with a Slice of Garlic Bread and a Mixed Side Salad	Pulled BBQ Pork served with Loaded Spiced Potato Wedges, Pico de Gallo Dressing, Pickled Pink Onions and Mixed Leaves	Chicken Filo Pie served with Minted New Potatoes, Spring Vegetables and Fresh Gravy	Indian Spiced Chicken Burrito served with Bombay Potatoes and Indian Garnish of Onion and Tomato Salad, Yogurt, Lime and Coriander Sauce	Prime Cheeseburger served with Sliced Red Onion, Gem Lettuce, Gherkins, Burger Relish and Mustard and Chipped Potatoes
Kitchen Garden Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Gnocchi with Fresh Tomato Sauce and served with a Slice of Garlic Bread and a Mixed Side Salad	BBQ Pulled Quorn served with Loaded Spiced Potato Wedges, Pico de Gallo Dressing, Pickled Pink Onions and Mixed Leaves	Mediterranean Vegetable Frittata served with Minted New Potatoes and Spring Vegetables	Five Bean Indian Spiced Burrito served with Bombay Potatoes and Indian Garnish of Onion and Tomato Salad, Yogurt, Lime and Coriander Sauce	Sweet Potato Bean Burger served with Sliced Red Onion, Gem Lettuce, Gherkins, Burger Relish and Mustard and Chipped Potatoes
Salad Market  GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Beetroot, Spelt Grain, Spinach, Burnt Onion and Tarragon Salad and Green Leaf Salad  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Greek Salad and Watercress, Spinach, Chard and Radish Salad  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Super Food Salad and Cucumber, Coriander and Tomato Salad  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Apple and Celery Salad and Indian Chickpea Salad  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Mixed Leaf Salad  Selection of Assorted Proteins, Coleslaw and Mixed Leaves Slice of Homemade Bread & Butter Portion Selection of Dressings and Grains
Refuel  Selection of Daily Fresh Filled Rolls GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings
Dessert	Sweet Waffle with Butterscotch Sauce	Key Lime Pie	Lemon and Rhubarb Upside Down Pudding served with Fresh Custard	Marshmallow Crispy Cake	Lemon and Coconut Cake 93175699
Fruit, Jellies & Yoghurt Pots 	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots