

Senior School Lunch Menu Week 1

Week Commencing : 31st August, 21st September, 12th October, 16th November and 7th December	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Fresh Tomato and Basil Soup with Homemade Bread	Celeriac Soup with Homemade Bread	Vegetable Soup with Homemade Bread	Leek and Potato Soup with Homemade Bread	Sweet Potato and Carrot Soup with Homemade Bread
Home Comforts Main Meal Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Chicken Pasta Alfredo served with a Slice of Garlic Bread and Mixed Seasonal Leaf Salad	Chilli con Carne served with Steamed Rice, Crispy Nachos, Salsa and Guacamole	BBQ Chicken Thigh served with Oven Baked Potato Wedges and Chipotle Sweetcorn and Freshly Made Coleslaw	Sweet Potato Cottage Pie with Crispy Onions and served with Steamed Seasonal Vegetables and Fresh Gravy	Chefs Special Pepperoni Pizza served with Chipped Potatoes and Mixed Side Salad
Vegetarian Plant Based Main Meal Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Pasta Penne in an Arrabiatta Sauce served with a Slice of Garlic Bread and a Mixed Leaf Seasonal Salad	Vegetable Chilli with Steamed Rice, Crispy Nachos, Salsa and Guacamole	Vegetable and Halloumi Skewer served with Oven Baked Potato Wedges and Chipotle Sweetcorn and Freshly Made Coleslaw	Sweet Potato Vegetable Cottage Pie with Crispy Onions and served with Steamed Seasonal Vegetables and Fresh Gravy	Chefs Special Margarita Pizza served with Chipped Potatoes and Mixed 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 Houmous and Crudities and Coleslaw Ham, Boiled Eggs, Cheddar, Quinoa and Mixed Leaves Sliced Fresh Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Greek Salad and Coleslaw Tuna, Chicken or Grated Cheddar, Wholemeal Cous and Mixed Leaves Sliced Fresh Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Cucumber, Orange and Beetroot Salad and Coleslaw Chicken, Boiled Eggs or Grated Cheddar, Puy Lentils and Mixed Leaves Sliced Fresh Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Crushed Pea, Mint and Charred Courgette Bulgur Wheat Salad and Coleslaw Tuna, Ham or Grated Cheddar, Chick Peas and Mixed Leaves Sliced Fresh Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Potato and Chive Salad and Coleslaw Ham, Boiled Eggs or Grated Cheddar, Mixed Beans and Mixed Leaves Sliced Fresh Bread & Butter Portion Selection of Dressings and Grains
Refuel GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF Selection of Daily Fresh Filled Sandwiches, Rolls, Wraps or Baguettes	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings
Dessert	Carnival Sweet Finger	Lemon and Coconut Cake	Carrot Sponge with Fresh Custard	Oatie Cookie	Chocolate Brownie
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: 7 th and 28 th of September, 2 nd November and 23 rd November	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Cream of Mushroom Soup with Homemade Bread	Cream of Tomato Soup with Homemade Bread	Green Giant Soup with Homemade Bread	Red Lentil Soup with Chickpea and a Hint of Chilli with Homemade Bread	Roasted Butternut Squash Soup with Homemade Bread
Home Comforts Main Meal Choice with Sides GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Beef Bolognaise finished with Fresh Basil and served with Spaghetti, Garlic and Herb Bread, Salad and Fresh Parmesan Cheese	Baked Paprika and Lime Chicken Thigh served with Chimichurri, New Potatoes dressed with lime and chipotle and Sliced Green Beans	Pork Meatballs in a Fresh Tomato Sauce served with Mashed Potatoes and Steamed Seasonal Vegetables	Mangalorean Chicken Curry served with Pilau Rice,, Mango Chutney and Mini Onion Bhaji 93337640	<u>Chip Shop Friday</u> Breaded Fish of The Day or Fishcake with a Lemon Wedge and Homemade Tartare Sauce or Grilled Jumbo Pork Sausage served with French Fried Potatoes, Curry Sauce, Pickled Onions, Mushy Peas or Baked Beans
Vegetarian Plant Based Main Meal Choice GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Vegemince Bolognaise served with Spaghetti, Garlic and Herb Bread, Salad and Fresh Parmesan Cheese	Butternut Squash and Corn Taco served with Chimichurri, New Potatoes dressed with lime and chipotle and Sliced Green Beans	Meatless Meatballs in a Fresh Tomato Sauce served with Mashed Potatoes and Steamed Seasonal Vegetables	Tofu and Spinach Curry served with Pilau Rice, Mango Chutney and Mini Onion Bhaji 93175760	Mediterranean Vegetable Frittata served with French Fried Potatoes and Mixed 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 Italian Style Rocket Salad with Balsamic Dressing and Coleslaw Ham, Cheddar, Quinoa and Mixed Leaves Sliced Fresh Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Caesar Salad and Coleslaw Chicken, Cheddar Cheese or Ham, Wholemeal Cous Cous and Mixed Leaves Sliced Fresh Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Boccocini Salad and Coleslaw Tuna or Grated Cheddar, Puy Lentils and Mixed Leaves Sliced Fresh Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Bombay Potato Salad with Fresh Coriander and Coleslaw Grated Cheddar or Boiled Eggs, Chick Peas and Mixed Leaves Sliced Fresh Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Orzo and Roasted Vegetable Salad & Coleslaw Ham or Grated Cheddar, Mixed Beans and Mixed Leaves Sliced Fresh Bread & Butter Portion Selection of Dressings and Grains
Refuel GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF Selection of Daily Fresh Filled Sandwiches, Rolls, Wraps or Baguettes	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings
Dessert	Raspberry and Peach Traybake	Blackberry and Apple Pie served with Fresh Custard 93034736	Tiffin Slice	Zesty Orange Shortbread	Biscoff Cheesecake 93337583
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: 14 th September, 5 th October, 9 th and 30 th of November	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Minestrone Soup with Homemade Bread	Creamed Sweetcorn Soup with Homemade Bread	Carrot and Coriander Soup with Homemade Bread	Fresh Tomato Soup with Homemade Bread	Cauliflower Cheese Soup with Homemade Bread
Home Comforts Main Meal Choice GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Chicken Arrabiatta Pasta Bake served with a Slice of Garlic and Herb Bread and Mixed Leaf Salad with a Balsamic Dressing 93294479	Toad in The Hole served with Creamy Mashed Potatoes, Seasonal Vegetables and Fresh Gravy	Szechuan Chicken Noodles served with a Mini Pancake Roll	Baked Beef Lasagne with Fresh Tomato and Herbs served with Homemade Doughballs and Mixed Salad	Beef Burger in a Bap served with Chipped Potatoes, Mixed Leaf Salad, Gherkins and Sliced Onion and Tomato Sauce
Vegetarian Plant Based Main Meal Choice GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Pasta Pomodoro served with Vegetarian Grated Cheese, A Slice of Garlic and Herb Bread and a Mixed Leaf Salad with a Balsamic Dressing 93306411	Vegetarian Toad in the Hole served with Creamy Mashed Potatoes, Seasonal Vegetables and Fresh Gravy	Szechuan Vegetable Noodles served with a Mini Pancake Roll	Mediterranean Vegetable Lasagne served with a Slice of Garlic Bread and Mixed Salad	Quorn Burger in a Bap served with Chipped Potatoes, Mixed Leaf Salad, Gherkins and Sliced Onion and Tomato Sauce
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 Roasted Pepper and Aubergine Mezze Coleslaw Ham or Cheddar Cheese, Quinoa and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Fresh Baked Beetroot Salad with Crumbled Feta and Coleslaw Tuna, Chicken or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Moroccan Style Cous Cous Salad with Preserved Lemons and Coleslaw Ham, Tuna or Grated Cheddar, Puy Lentils and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Five Bean Salad and Coleslaw Cheddar Cheese or Boiled Eggs, Chick Peas and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Tuna and Sweetcorn Pasta Salad and Coleslaw Ham or Grated Cheddar, Mixed Beans and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains
Refuel GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF Selection of Daily Fresh Filled Sandwiches, Rolls, Wraps or Baguettes	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Pasta Bar with Daily Hot Sauce Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings
Dessert	Sticky Toffee Pudding with Toffee Sauce	Homemade Ginger Biscuit	Lemon Drizzle Cake	Cherry and Apple Crumble served with Fresh Custard	Chocolate Mousse
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