

weekly menu

week commencing 29/04/2019

meal	mon	tue	wed	thu	fri
homemade soup	potato & herb	golden vegetable	chicken & sweetcorn	tomato & herb	tuscan style mixed bean
main option 1	beef meatballs in a provencal sauce	barbecue pork with green beans & chilli	lemon roasted chicken thighs & drumstick	pasta carbonara with smoked bacon	breaded scampi peppered mackerel
main option 2	vegetable bolognaise	mild yellow vegetable curry	grilled quorn fillets	macaroni cheese	spicy vegetable burger in a seeded bun
sides	penne pasta garlic bread mixed leaf salad	steamed rice poppadom shards onion bhaji	mixed greens roasted new potatoes gravy	green beans garlic dough ball	potato wedges baked beans
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta, mixed beans	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta, mixed beans	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta, mixed beans	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta, mixed beans	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta, mixed beans
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station
dessert	vanilla cheesecake with fruit coulis	lemon syrup sponge & custard	fruit, granola & yoghurt bar	cherry tart & custard	fresh fruit salad pot choice of sorbet

weekly menu

week commencing 06/05/2019

meal	mon	tue	wed	thu	fri
homemade soup	roasted red pepper	tomato & basil	sweet potato & chilli	carrot & coriander	stilton & broccoli
main option 1	breakfast bar	traditional beef lasagne	pork sausages & creamed potato	thai green chicken curry	grilled chicken burger with lettuce & mayonnaise
main option 2	breakfast bar	quorn and vegetable lasagne	vegan sausages with creamed potato	spicy spinach & potato curry	southern fried quorn escalope
sides	breakfast bar	garlic bread green beans sweetcorn	sliced carrots garden peas gravy	yellow rice chota naan bread poppadom & chutney	chips baked beans onion rings
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette, pink slaw, watercress	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette, pink slaw, watercress	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette, pink slaw, watercress	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette, pink slaw, watercress	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette, pink slaw, watercress
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station	selection of fruits hydration station
dessert	jam sponge with custard	fruit, yoghurt & granola bar	chocolate cookie	rhubarb & peach crumble with custard	vanilla mousse topped with chocolate & black cherry

weekly menu

week commencing 13/05/2019

meal	mon	tue	wed	thu	fri
homemade soup	leek & potato	butternut squash	courgette & watercress	curried cauliflower	red lentil & chickpea
main option 1	cottage pie	chinese chicken	maple syrup gammon	beef chilli	new york style hot dog
main option 2	cheese & potato pastry	vegetable & blackbean stir fry	quorn roast	cajun vegetable & bean burrito	chargrilled pepper & houmous panini
sides	carrots, peas & corn gravy	mushroom rice mange tout sweet chilli broccoli	sautéed leeks & kale roast potatoes gravy	mexican rice sweetcorn & peppers nachos with dips	curly fries barbecue beans
wellbeing week	selection of special menu items throughout wellbeing week chosen by our pupils				
salad bar	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, watermelon & feta, mixed peppers	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, watermelon & feta, mixed peppers	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, watermelon & feta, mixed peppers	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, watermelon & feta, mixed peppers	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, watermelon & feta, mixed peppers
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station
dessert	carrot cake slice	chocolate sponge with chocolate sauce	fruit, granola & yoghurt bar	banana loaf with custard	toffee sponge slice

weekly menu

week commencing 20/05/2019

meal	mon	tue	wed	thu	fri
homemade soup	potato & herb	golden vegetable	chicken & sweetcorn	tomato & herb	tuscan style mixed bean
main option 1	beef meatballs in a provencal sauce	barbecue pork with green beans & chilli	lemon roasted chicken thighs & drumstick	pasta carbonara with smoked bacon	breaded scampi peppered mackerel
main option 2	vegetable bolognaise	mild yellow vegetable curry	grilled quorn fillets	macaroni cheese	spicy vegetable burger in a seeded bun
sides	penne pasta garlic bread mixed leaf salad	steamed rice poppadom shards onion bhaji	mixed greens roasted new potatoes gravy	green beans garlic dough ball	potato wedges baked beans
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta, mixed beans	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta, mixed beans	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta, mixed beans	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta, mixed beans	tomato & cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta, mixed beans
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station
dessert	vanilla cheesecake with fruit coulis	lemon syrup sponge & custard	fruit, granola & yoghurt bar	cherry tart & custard	fresh fruit salad pot choice of sorbet