



QUINTON HOUSE SCHOOL

Senior School Lunch Menu Week 1

Week Commencing 10 th and 31 st of January, 28 th February and 28 th of March	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Roasted Red Pepper, Plum Tomato and Basil Soup with Homemade Bread	Sweet Potato and Carrot Soup with Homemade Bread	Butternut Squash Soup with Homemade Bread	Harissa Roasted Carrot and Coriander Soup with Homemade Bread	Cream of Leek, Field Mushroom and Tarragon Soup with Homemade Bread
Home Comforts Main Meal Choice with Sides	Minced Beef Chilli Con Carne served with Baked Tortilla, Skin on Potato Wedges, Chunky Tomato Salsa, Sour Cream, Grated Cheddar Cheese, Steamed Broccoli and Buttered Sweetcorn	Chicken Korma served with Steamed Brown and White Rice, Naan Bread, Mango Chutney and Stir Fried Kale, Chilli and Mangetout	Roast Chicken Breast served with Sage and Onion Stuffing, Roasted Potatoes, Parsley Carrot Batons, Spiced Apple Cabbage and Fresh Gravy	Chicken and Mushroom Pie served with Mashed Potatoes, Steamed Cauliflower, Green Beans and Fresh Gravy	Battered Fish Fillet served with a Lemon Wedge, Tartare Sauce, Chipped Potatoes, Baked Beans or Mushy Peas
Vegetarian Plant Based Main Meal Choice with Sides	Bean Chilli served with Baked Tortilla, Skin on Potato Wedges, Chunky Tomato Salsa, Sour Cream, Grated Cheddar Cheese, Steamed Broccoli and Buttered Sweetcorn	Vegetable Korma served with Steamed Brown and White Rice, Naan Bread, Mango Chutney and Stir Fried Kale, Chilli and Mangetout	Sweet Potato and Chick Pea Roast served with Roasted Potatoes, Parsley Carrot Batons, Spiced Apple Cabbage and Fresh Gravy	Thatched Root Vegetable Pie served with Mashed Potatoes, Steamed Cauliflower, Green Beans and Fresh Gravy	Spicy Quorn Burrito filled with Chopped Coriander and Basmati Rice and served with Chipped Potatoes, Baked Beans or Mushy Peas
Salad Market	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Roasted Pepper, Aubergine and Courgette Pasta Salad and Tomato & Pomegranate Salad Roast Chicken, Boiled Eggs, Cheddar, Quinoa and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Greek Salad and Spicy Tomato Cous Cous Salad Tuna, Ham 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 Pasta and Fried Courgette Salad and Black Bean, Lime and Quinoa Salad Chicken, Boiled Eggs 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 Beetroot, Spinach and Soya Bean Salad and Spicy Rice & Red Bean Salad Tuna, Ham or Grated Cheddar, 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 Tomato, Red Onion and Green Lentil Salad and Noodles, Mango & Aubergine Salad Chicken, Boiled Eggs or Grated Cheddar, Mixed Beans and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains
Refuel	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna
Hot Pasta Bar	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces
Selection of Daily Fresh Filled Rolls	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling
Dessert	Ginger and Pineapple Sponge with Fresh Custard	Blueberry and Apple Crumble with Fresh Custard	Chocolate Cake with Chocolate Sauce	Sticky Toffee Pudding with a Toffee Sauce	Apple Pie with Custard
Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots

Senior School Lunch Menu Week 2

W/C 17 th January, 7 th February and 28 th of March	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Creamed Sweetcorn Soup with Homemade Bread	Spiced Chickpea and Coconut Soup with Homemade Bread	Tomato and Mediterranean Vegetable Soup with Homemade Bread	Red Lentil with Homemade Bread	Leek and Potato with Homemade Bread
Home Comforts Main Meal Choice with Sides	Beef Bolognese finished with Roasted Cherry Tomatoes and Fresh Basil and served with Spaghetti, Garlic and Herb Bread, Pesto Dressing and Steamed Broccoli	Cajun Chicken Fajita with Peppers and served with Skin on Potato Wedges, Chunky Tomato Salsa, Sour Cream, Grated Cheese, Steamed Broccoli and Sweetcorn	Slow Roast Loin of Pork served with Sage and Onion Stuffing, Apple Sauce, Roasted New Potatoes & Crushed Root Vegetables, Sauté Savoy Cabbage and Fresh Gravy	Beef Rogan Josh served with Pilau Rice, Mango Chutney, Poppadum, Baked Onion Bhaji and Fresh Raita	Homemade Pepperoni Pizza served with Chipped Potatoes, Garden Peas or Baked Beans
Vegetarian Plant Based Main Meal Choice	Vegemince Bolognese served with Spaghetti, Garlic and Herb Bread, Pesto Dressing & Steamed Broccoli	Cajun Quorn Fajita with Peppers and served with Skin on Potato Wedges, Chunky Tomato Salsa, Sour Cream, Grated Cheese, Steamed Broccoli and Sweetcorn	Roasted Vegetable Crumble served with Roasted New Potatoes & Crushed Root Vegetables, Sauté Savoy Cabbage and Fresh Gravy	Roast Cauliflower and Chickpea Korma served with Pilau Rice, Mango Chutney, Poppadum, Baked Onion Bhaji and Fresh Raita	Homemade Margarita Pizza served with Chipped Potatoes, Garden Peas or Baked Beans
Salad Market	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Greek Salad and Pasta and Fried Courgette Salad Chicken, Cheddar, Quinoa and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Spicy Rice and Bean Salad and Tomato & Pomegranate Salad Tuna or Ham, 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 Roasted Pepper, Aubergine and Courgette Pasta Salad and Black Bean, Quinoa and Lime Salad Chicken 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 Beetroot, Spinach and Soy Bean Salad and Spicy Tomato Cous Cous Salad Mackerel 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 Spicy Chick Pea and Red Onion Salad & Chargrilled Cauliflower & Caper Salad Ham or Grated Cheddar, Mixed Beans and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains
Refuel	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna
Hot Pasta Bar	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces
Selection of Daily Fresh Filled Rolls	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling
Dessert	Mixed Fruit Crumble with Fresh Vanilla Custard	Slice of Chocolate Rice Crispy Cake	Ginger Sponge Cake with Custard	Apple Crumble with Chantilly Cream	Warm Treacle Tart with Custard
Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots

Senior School Lunch Menu Week 3

W/C 24 th of January, 21 st of February and 14 th of March	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Roasted Red Pepper and Tomato Soup with Homemade Bread	Sweet Potato and Onion Soup with Homemade Bread	Butternut, Chilli and Coconut Soup with Homemade Bread	Carrot and Coriander Soup with Homemade Bread	Creamy Mushroom and Garlic Soup with Homemade Bread
Home Comforts Main Meal Choice	Grilled Cumberland Sausages served with Mashed Potatoes, Glazed Carrots and Garden Peas and Fresh Red Onion Gravy	Baked Beef Lasagne with Fresh Tomato and Herbs served with a Slice of Garlic Bread, Fresh Mixed Leaf Salad and Steamed Sweetcorn	Roast Turkey served with Cranberry Sauce, Sage and Onion Stuffing, Roasted Potatoes, Roasted Root Vegetables, Red Cabbage and Fresh Gravy	Chicken Korma served with Steamed Pilau Rice, Mango Chutney, Baked Vegetable Samosa, Raita, and Poppadum	American Style Hot Dogs served with Thin Fried, Onion Rings, Corn on the Cob and Relish
Vegetarian Plant Based Main Meal Choice	Grilled Quorn Sausages served with Mashed Potatoes, Glazed Carrots and Garden Peas and Fresh Red Onion Gravy	Baked Vegetable Lasagne with Fresh Tomato and Herbs served with a Slice of Garlic Bread, Fresh Mixed Leaf Salad and Steamed Sweetcorn	Butternut, Mushroom and Spinach Wellington served with Sage and Onion Stuffing, Roasted Potatoes, Roasted Root Vegetables, Red Cabbage and Fresh Gravy	Vegetable Biryani served with Mango Chutney, Baked Vegetable Samosa, Raita, and Poppadum	American Style Quorn Hot Dogs served with Thin Fried, Onion Rings, Corn on the Cob and Relish
Salad Market	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Roasted Pepper, Aubergine and Courgette Pasta Salad & Tomato & Pomegranate Salad Chicken 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 Greek Salad & Spicy Tomato Cous Cous Salad Tuna or Ham, 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 Pasta and Fried Courgette Salad & Black Bean, Quinoa & Lime Salad Chicken 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 Beetroot, Spinach and Soy Bean Salad Spicy Rice and Red Bean Salad Mackerel 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 Tomato, Red Onion and Green Lentil Salad & Noodles, Mango & Aubergine Salad Ham or Grated Cheddar, Mixed Beans and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains
Refuel	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese and Tuna
Hot Pasta Bar	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces	Hot Pasta with two daily different hot sauces
Selection of Daily Fresh Filled Rolls	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Selection of Filled Rolls with Ham, Cheese or Tuna Filling
Dessert	Lemon Syrup Sponge with Fresh Custard	Orange Polenta Cake with Custard	Slice of Fruit Flapjack	Strawberry and Vanilla Cheesecake	Pineapple Upside Down Pudding with Fresh Custard
Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit Platter, Fresh Fruit, Jellies & Yoghurt Pots