



















Senior School Lunch Menu Week 1



Week Commencing 25 th April, 16 th May, 13 th June and 4 th July	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Leek and Potato Soup with Homemade Bread	Sweet Potato and Carrot Soup with Homemade Bread	Tomato and Basil Soup with Homemade Bread	Vegetable and Pasta Soup with Homemade Bread	Cream of Mushroom Soup with Homemade Bread
Home Comforts Main Meal Choice with Sides	Traditional Full English Breakfast with Pork Sausage, Grilled Bacon, Scrambled Egg, Hash Browns, Mushrooms, Tomatoes and Baked Beans	Minced Beef Chilli Con Carne served with Baked Tortilla, Skin on Oven Baked Potato Wedges, Chunky Tomato Salsa, Grated Cheddar Cheese, Steamed Broccoli and Buttered Sweetcorn 	Roast Gammon and Pineapple served with Roasted Potatoes, Parsley Carrot Batons, Green Beans and Fresh Gravy	Mac and Cheese with BBQ Pulled Pork and served with a Slice of Garlic Bread, Sweetcorn and Mixed Leaves	Breaded Cod Fillet served with a Lemon Wedge, Tartare Sauce, Chipped Potatoes, Baked Beans or Mushy Peas
Vegetarian Plant Based Main Meal Choice with Sides	Traditional Full Vegetarian English Breakfast with Meat Free Sausage, Scrambled Egg, Hash Browns, Mushrooms, Tomatoes and Baked Beans	Bean Chilli served with Baked Tortilla, Skin on Oven Baked Potato Wedges, Chunky Tomato Salsa, Grated Cheddar Cheese Steamed Broccoli and Buttered Sweetcorn 	Lentil Roast served with Roasted Potatoes, Parsley Carrot Batons, Green Beans and Fresh Gravy 	Cheesy Mac and Cheese served with a Slice of Garlic Bread, Sweetcorn and Mixed Leaves	Catch of The Day Fishless Quorn Taco served with Chipped Potatoes and Coleslaw
Salad Market 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Cucumber, Orange and Beetroot Salad and Coleslaw  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 Coleslaw 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 Black Bean and Quinoa Lime Salad  and Coleslaw 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 Bulgur Wheat Salad  and Coleslaw 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 Coleslaw 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 or Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna
Selection of Daily Fresh Filled Rolls	Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings	Pasta Bar with Daily Hot Sauce Selection of Filled Rolls with Assorted Fillings
Dessert	Pear Crumble with Fresh Pouring Cream 	Slice of Traditional Flapjack	Moist Chocolate and Beetroot Cake	Raspberry and Lemon Crumble Cake	Meringue Nest filled with Whipped Cream and Seasonal Fruit
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 2 nd May, 23 rd May, 20 th June and 11 th July	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Cream of Tomato Soup with Homemade Bread	Pea and Mint Soup with Homemade Bread	French Onion Soup with Homemade Bread	Red Lentil with Homemade Bread	Green Giant Soup with Homemade Bread
Home Comforts Main Meal Choice with Sides	Oven Baked Ratatouille Chicken served with Fusilli Pasta and Steamed Green Beans 	Chicken Shawarma with Red Cabbage, Khobez, Chilli Potato Wedges, Minted Yogurt and Cucumber Dressing and Smashed Hummus	Roast Beef served with Horseradish Sauce, Yorkshire Pudding, Roasted Potatoes, Roasted Crushed Root Vegetables, Sauté Savoy Cabbage and Fresh Gravy	Beef Bolognese finished with Roasted Cherry Tomatoes and Fresh Basil and served with Spaghetti, Garlic and Herb Bread, Pesto Dressing and Steamed Broccoli 	Chefs Special Homemade Pepperoni Pizza served with Chipped Potatoes and Garden Peas
Vegetarian Plant Based Main Meal Choice	Oven Baked Quorn Ratatouille served with Fusilli Pasta and Steamed Green Beans 	Halloumi Shawarma with Red Cabbage, Khobez, Chilli Potato Wedges, Minted Yogurt and Cucumber Dressing and Smashed Hummus	Quorn Roast served with Roasted New Potatoes & Crushed Root Vegetables, Sauté Savoy Cabbage and Fresh Gravy	Vegemince Bolognese served with Spaghetti, Garlic and Herb Bread, Pesto Dressing & Steamed Broccoli 	Chefs Special Homemade Margherita Pizza served with Chipped Potatoes and Garden Peas
Salad Market 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Greek Salad and Coleslaw 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 Bulgar Wheat Salad  and Coleslaw 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 Tomato, Red Onion and Lentil Salad  Coleslaw 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 Potato and Chive Salad and Coleslaw 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 Black Bean and Quinoa Lime Salad  Coleslaw Ham or Grated Cheddar, Mixed Beans and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains
Refuel  Selection of Daily Fresh Filled Rolls	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	Mixed Fruit Crumble with Fresh Custard 	Eton Mess	White Chocolate and Raspberry Blondie	Slice of Marshmallow Chocolate Crispy Cake	Square of Homemade Carrot Cake
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 9 th May, 6 th June and 27 th June	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Tomato Soup with Homemade Bread	Roasted Sweet Potato Soup with Homemade Bread	Creamed Sweetcorn Soup with Homemade Bread	Carrot and Coriander Soup with Homemade Bread	Minestrone Soup with Homemade Bread
Home Comforts Main Meal Choice	Oriental Chicken Chow Mein served with Wok Tossed Oriental Vegetables and a Vegetable Spring Roll	Baked Beef Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges, 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 Brown and White Rice, Onion Bhaji and Poppadum's	Southern Fried Chicken Burger served with Thin Fries, Red Slaw and Mixed Side Salad
Vegetarian Plant Based Main Meal Choice	Oriental Vegetable Chow Mein served with Wok Tossed Oriental Vegetables and a Vegetable Spring Roll	Baked Vegetable Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges, Fresh Mixed Leaf Salad and Steamed Sweetcorn	BBQ Vegetable Skewers with Mexican Rice, Corn on the Cob and Green Salad	Chickpea Curry served with Steamed Brown and White Rice, Onion Bhaji and Poppadum's	Southern Fried Quorn Burger served with Thin Fries, Red Slaw and Mixed Side Salad
Salad Market 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Roasted Pepper, Aubergine and Courgette Pasta Salad & Coleslaw 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 Cucumber, Orange and Beetroot Salad  and Coleslaw 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 Greek Salad and Coleslaw 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 Coleslaw 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 and Coleslaw  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 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	Duo of Melon 	Banoffee Pie	Homemade Morello Cherry Cheesecake	Slice of Rocky Road	Orange Drizzle Cake
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