






Senior School Lunch Menu Week 1



Week Commencing : 4th and 25th September, 16th October , 20th November and 11th of December	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Tomato and Basil Soup with Homemade Bread	Vegetable Soup with Homemade Bread	Leek and Potato Soup with Homemade Bread	Sweet Potato and Carrot Soup with Homemade Bread	Cream of Mushroom Soup with Homemade Bread
Home Comforts Main Meal Choice with Sides	Quinton House School Brunch – Double Grilled Sausages, Grilled Bacon, Diced Oven Baked Potatoes, Grilled Half a Tomato and Baked Beans	Chicken Pasta Arrabiatta served with a Slice of Garlic Bread and a Mixed Leaf Seasonal Salad	Mexican Style Beef Minced Beef Con Carne served with Steamed Rice and Nacho Chips	Chicken and Sweetcorn Pie, Topped with Shortcrust Pastry and served with Crushed New Potatoes, Seasonal Fresh Vegetables and Fresh Gravy	Breaded Fishfinger Sandwich served with a Lemon Wedge, Tartare Sauce, Chipped Potatoes, Baked Beans or Garden Peas
Vegetarian Plant Based Main Meal Choice with Sides	Quinton House School Vegetarian Brunch – Double Grilled Vegetarian Sausages,, Diced Oven Baked Potatoes, Grilled Half a Tomato, Mushrooms and Baked Beans	Vegetable Pesto Pasta with Courgettes and Spinach served with a Slice of Garlic Bread and a Mixed Leaf Seasonal Salad	Mexican Style Bean and Vegetable Chilli served with Steamed Rice and Nacho Chips	Vegetarian Spinach and Feta Parcel, served with Crushed New Potatoes, Seasonal Fresh Vegetables and Fresh Gravy	Spanish Style Oven Roasted Vegetable Frittata served with Chipped Potatoes and Balsamic Rocket
Salad Market 	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 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  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	Zesty Lemon Shortbread	Slice of Rocky Road	Traditional Apple Crumble with Fresh Custard	Chocolate Brownie	Slice of Fruited Flapjack
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: 11 th September, 2nd October, 6 th and 27 th of November	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	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	Minestrone Soup with Homemade Bread
Home Comforts Main Meal Choice with Sides	Beef Bolognaise finished with Fresh Basil and served with Spaghetti, Garlic and Herb Bread, and Steamed Broccoli 	Jerk Chicken Thigh served with Rice and Peas and Garnished with Plantain and served with Fresh Coleslaw	Roast Pork served with Sage and Onion Stuffing and Apple Sauce, Roasted Potatoes, Roasted Root Vegetables, Seasonal Greens and Fresh Gravy	Chicken Tikka Masala served with Pilau Rice,, Mango Chutney and Poppadums	Siracha Southern Fried Chicken Wrap served with French Fried Potatoes and Homemade Coleslaw
Vegetarian Plant Based Main Meal Choice	Vegemince Bolognaise served with Spaghetti, Garlic and Herb Bread, Pesto Dressing & Steamed Broccoli 	Jerk Butternut Squash and Halloumi Skewer served with Rice and Peas and Garnished with Plantain and served with Fresh Coleslaw	No Waste Cauliflower and Macaroni Cheese served with Roasted Potatoes, Roasted Root Vegetables, Seasonal Greens and Fresh Gravy	Chickpea Tikka Masala served with Pilau Rice, Mango Chutney and Poppadums 	Siracha Southern Fried Quorn Wrap served with French Fried Potatoes and Homemade Coleslaw
Salad Market 	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 Greek 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 Tomato, Red Onion and Lentil 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 	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	Banana Sponge Cake	Seasonal Fresh Fruit Meringue with Fresh Cream	Raspberry and Lemon Crumble Cake	Sticky Toffee Pudding with Fresh Toffee Sauce	Assorted Oven 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 18 th September, 9 th October, 13 th November and 4 th of December	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	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	Sweet Potato Soup with Homemade Bread
Home Comforts Main Meal Choice	Spanish Style Chicken, Chorizo and Vegetable Paella and Seasonal Salad and Fresh Baked Garlic Bread	Oven Baked Sausages served with Creamy Root Mash, Peas and Sliced Carrots and Fresh Gravy	Baked Beef Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges and Fresh Minted Peas	Stir Fried Hoisin Chicken served with Chinese Noodles and a Mini Pancake Roll	Chef's Special Homemade Pepperoni Pizza served with Chipped Potatoes, and Mixed Side Salad
Vegetarian Plant Based Main Meal Choice	Traditional Three Cheese Mac and Cheese served with Roasted Seasonal Vegetables and Fresh Baked Garlic Bread	Oven Baked Vegetarian Sausages served with Creamy Root Mash, Peas and Sliced Carrots and Fresh Gravy	Four Cheese Ravioli with a Fresh Tomato Sauce served with a Mixed Leaf Salad	Stir Fried Hoisin Quorn Pieces served with Chinese Noodles and a Mini Pancake Roll	Chef's Special Homemade Margarita Pizza served with Chipped Potatoes, and Mixed Side Salad
Salad Market 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Chargrilled Roasted Pepper, Aubergine and Courgette Mezze ad & 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 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  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	Square of Retro Sprinkle Cake	Chocolate Chip Bread and Butter Pudding served with Fresh Custard	Slice of Lemon Drizzle Cake	Homemade Oat Cookie	Iced Blueberry and Vanilla Sponge 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