

# Senior School Lunch Menu Week 1

Week Commencing 8th of January, 29 <sup>th</sup> January, 26 <sup>th</sup> February and 18 <sup>th</sup> March	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Soup and Bakery</b>	Fresh Homemade Tomato and Basil Soup served with Homemade Bread	Fresh Homemade Spicy Butternut Squash Soup served with Homemade Bread	Fresh Homemade Spring Vegetable Soup served with Homemade Bread	Fresh Homemade Potato and Leek Soup served with Homemade Bread	Fresh Homemade Minestrone Soup served with Homemade Bread
<b>Hero Dish Choice with Sides</b>	Cheesy Bacon Mac and Cheese served with a Slice of Garlic Bread and Side Salad	Katsu Chicken Curry served with Steamed Rice, Katsu Curry Sauce and Stir Fried Greens	Toad in The Hole served with Creamy Mashed Potatoes Peas and Carrots Flamande and Fresh Gravy	Loaded Chilli Con Carne Potato Wedges served with Sour Cream, Grated Cheese and Guacamole and Coriander	Crispy Korean BBQ Chicken Wrap served with Chipped Potatoes, Kimchi Slaw and Mixed Salad
<b>Kitchen Garden Choice with Sides</b>	Cheesy Mac and Cheese served with a Slice of Garlic Bread and Side Salad	Quorn Katsu Curry served with Steamed Rice, Katsu Curry Sauce and Stir Fried Greens	Quorn Sausage Toad in The Hole served with Creamy Mashed Potatoes Peas and Carrots Flamande and Fresh Gravy	Loaded Vegetable Chilli Potato Wedges served with Sour Cream, Grated Cheese and Guacamole and Coriander	Southern Fried BBQ Quorn Dipper Wrap served with Chipped Potatoes, Kimchi Slaw and Mixed Salad
<b>Salad Market</b> 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Ceasar Salad and Coleslaw  Ham, 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, 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  Bulgur Wheat and Balsamic Roasted Beets with Toasted Mixed Seeds and Soya Bean 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  Italian Panzanella 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  Pasta Salad and Coleslaw  Ham, Boiled Eggs or Grated Cheddar, Mixed Beans and Mixed Leaves  Bread Roll & Butter Portion Selection of Dressings and Grains
<b>Refuel</b>  <b>Selection of Daily Fresh Filled Rolls</b>	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
<b>Dessert</b>	Chocolate Sponge with Chocolate Sauce	Fruit Filled Meringue Nests	Apple and Pear Oatley Crumble served with Fresh Custard	Sliced of Glace Cherry Flapjack	Slice of Frosted Carrot Cake
<b>Fruit, Jellies &amp; Yoghurt</b> 	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 15th January, 5 <sup>th</sup> February, 4 <sup>th</sup> March and 25 <sup>th</sup> March	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Soup and Bakery</b>	Fresh Homemade Green Giant Soup served with Homemade Bread	Fresh Homemade Lentil Daal Soup served with Homemade Bread	Fresh Homemade Cream of Tomato Soup served with Homemade Bread	Fresh Homemade Roasted Root Vegetable Soup served with Homemade Bread	Fresh Homemade Roasted Carrot and Coriander Soup served with Homemade Bread
<b>Hero Dish Choice with Sides</b>	Italian Style Beef Bolognaise served with Spaghetti, Garlic and Herb Bread, Grated Parmesan Cheese and Steamed Broccoli	Spicy Buffalo Chicken Thigh served with Savoury Rice, Buttered Sweetcorn and Red Slaw	Glazed Sliced Roast Gammon, served with Roasted Potatoes, Roasted Root Vegetables, Seasonal Vegetables and Fresh Gravy	Chicken Rogan Josh served with Pilau Rice, Poppadum and Mango Chutney	Homemade Pepperoni Pizza served with Chipped Potatoes, Mixed Leaf Salad or Baked Beans
<b>Kitchen Garden Choice with Sides</b>	Italian Style Vegemince Bolognaise served with Spaghetti, Garlic and Herb Bread, Grated Parmesan Cheese and Steamed Broccoli	Spicy Buffalo Quorn Pieces served with Savoury Rice, Buttered Sweetcorn and Red Slaw	Sweet Potato and Chick Pea Roast served with Roasted Potatoes & Roasted Root Vegetables, Seasonal Vegetables and Fresh Gravy	Roast Cauliflower and Chickpea Rogan Josh served with Pilau Rice, Poppadum and Mango Chutney	Homemade Margarita Pizza served with Chipped Potatoes, Mixed Leaf Salad or Baked Beans
<b>Salad Market</b>	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Greek Salad and Coleslaw  Ham, 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  Quinoa Tabbouleh Salad with Lemon and Mint and Coleslaw  Chicken, Cheddar Cheese 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  Caraway, Roasted Carrot, Beetroot, Chick Pea and Honey Salad and Coleslaw  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  Crushed Pea, Mint and Charred Courgette, Garlic, Chive and Oil Bulgar Wheat Salad and Coleslaw  Grated Cheddar 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  Italian Pasta Salad & Coleslaw  Ham or Grated Cheddar, Mixed Beans and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains
<b>Refuel</b> <b>Selection of Daily Fresh Filled Rolls</b>	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
<b>Dessert</b>	Orange Shortbread	Syrup Sponge served with Fresh Custard	Chocolate Rice Crispy Slice	Jam and Coconut Sponge served with Fresh Custard	Assorted Home Baked Cookie
<b>Fruit, Jellies &amp; Yoghurt Pots</b>	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 22nd January, 12 <sup>th</sup> February, 11 <sup>th</sup> March	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Soup and Bakery</b>	Fresh Homemade Spicy Chickpea and Coconut Soup served with Homemade Bread	Fresh Homemade Roasted Cauliflower Soup served with Homemade Bread	Fresh Homemade Vegetable Soup served with Homemade Bread	Fresh Homemade Tomato and Red Pepper Soup served with Homemade Bread	Fresh Homemade Creamed Sweetcorn Soup served with Homemade Bread
<b>Hero Dish Choice with Sides</b>	Spicy Pork Meatballs in a Fresh Tomato Sauce served with Pasta Penne, a Slice of Garlic Bread and Mixed Salad	Sliced BBQ Chicken Breast served with Seasoned Baked Potato Wedges and Buttered Sweetcorn	Traditional Cottage Pie served with Steamed Seasonal Vegetables and Fresh Gravy	Sweet and Sour Chicken with Oriental Vegetables and Egg Fried Rice and a Mini Vegetable Spring Roll	Prime Beef Burger served with Sliced Cheese, Chipped Potatoes, Mixed Side Salad, Tomato Sauce, Mustard and Gherkins
<b>Kitchen Garden Choice with Sides</b>	Spicy Arrabiatta Sauce served with Pasta Penne, a Slice of Garlic Bread and Mixed Salad	Mediterranean Roasted Vegetable Frittata served with Seasoned Baked Potato Wedges and Buttered Sweetcorn	Traditional Shepherdess Pie served with Steamed Seasonal Vegetables and Fresh Gravy	Sweet and Sour Quorn with Oriental Vegetables and Egg Fried Rice and a Mini Vegetable Spring Roll	Homemade Spicy Bean Burger served with Chipped Potatoes, Mixed Side Salad, Tomato Sauce, Mustard and Gherkins
<b>Salad Market</b> 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Mediterranean Jewelled Salad & 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  Cucumber, Orange and Beetroot Salad & 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  Greek Salad 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  Tomato, Rocket, Red Onion and Italian Cheese Salad with a Balsamic Dressing 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 Niçoise Salad and Coleslaw   Ham or Grated Cheddar, Mixed Beans and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains
<b>Refuel</b>  <b>Selection of Daily Fresh Filled Rolls</b>	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
<b>Dessert</b>	Eve's Pudding served with Fresh Custard	Slice of Toffee Marble Cake	Cheesecake Slice	Raspberry and Lemon Crumble Cake	Chocolate Brownie Square
<b>Fruit, Jellies &amp; Yoghurt Pots</b> 	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