

Senior School Lunch Menu Week 1

Week Commencing 22 nd April, 13 th May, 10 th June and 1 st July	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Homemade Tomato and Roasted Red Pepper Soup served with Homemade Bread	Homemade Potato and Watercress Soup served with Homemade Bread	Homemade Spiced Cauliflower Soup served with Homemade Bread	Homemade Carrot and Coriander Soup served with Homemade Bread	Homemade Vegetable Soup served with Homemade Bread
Hero Dish Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Mac and Cheese served with Sliced Pepperoni, Steamed Sweetcorn and Fresh Side Salad	Teriyaki Flavoured Chicken served with Chinese Style Vegetable Noodles and a Cocktail Pancake Roll	Minced Beef Lasagne al Forno served with a Slice of Homemade Garlic Bread and a Mixed Leaf Salad	Chicken and Vegetable Korma served with Steamed Rice, Naan and Fresh Mango Chutney	Breaded Fish of The Day served with Homemade Tartare Sauce, Lemon Wedge, Chipped Potatoes, Mushy Peas or Baked Beans
Kitchen Garden Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Mac and Cheese served with BBQ Jackfruit, Steamed Sweetcorn and Fresh Side Salad	Teriyaki Glazed Quorn served with Chinese Style Vegetable Noodles and a Cocktail Pancake Roll	Mediterranean Vegetable Lasagne al Forno served with a Slice of Garlic Bread and a Mixed Leaf Salad	Spiced Vegetable Korma served with Steamed Rice, Naan and Fresh Mango Chutney	Cheese, Sweetcorn, Chilli, Spring Onion and Pepper Quesadilla served with Chipped Potatoes and a Mixed Leaf Salad
Salad Market GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Chicken Caesar Salad and Coleslaw Selection of Assorted Proteins and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Thai Noodle Salad and Coleslaw Selection of Assorted Proteins, 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 Watermelon, Mint, Cucumber and Feta Salad and Coleslaw Selection of Assorted Proteins, 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 Quinoa Super Cauli Salad with Coriander Dressing and Coleslaw Selection of Assorted Proteins, 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 Roasted Broccoli and Edamame Bean Salad and Coleslaw Selection of Assorted Proteins, Mixed Beans and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains
Refuel Selection of Daily Fresh Filled Rolls GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	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	Slice of Orange Polenta Cake	Sticky Toffee Pudding served with Toffee Sauce	Slice of Raspberry Ripple Arctic Roll	Oatie Cookie	Slice of Chocolate Tiffin
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 29 th April, 20 th May, 17 th June and 8 th July	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Homemade Carrot and Ginger Soup served with Homemade Bread	Homemade Pea and Mint Soup served with Homemade Bread	Homemade Italian Style Minestrone Soup served with Homemade Bread	Homemade Mushroom Soup served with Homemade Bread	Homemade Spicy Parsnip Soup served with Homemade Bread
Hero Dish Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Italian Baked Chicken Pasta served with Ratatouille of Vegetables and a Slice of Garlic Bread 	Homemade Sausage Roll served with Oven Baked Herby Diced Potatoes and Baked Beans	Roasted Lemon Chicken served with Sage and Onion Stuffing, Roasted New Potatoes, and Seasonal Vegetables and Fresh Gravy	Spicy Chilli Con Carne served with Brown and White Steamed Rice, Nacho Chips, Guacamole and Salsa	Chefs Special Homemade Ham and Pineapple Pizza served with Chipped Potatoes and Steamed Sweetcorn
Kitchen Garden Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Oven Baked Feta and Ratatouille Pasta Bake served with a Slice of Garlic Bread 	Cheese Tart served with Oven Baked Herby Diced Potatoes and Baked Beans	Butternut, Spinach and Mushroom Wellington served with Roasted New Potatoes, Seasonal Vegetables and Fresh Gravy	Spicy Bean and Vegetable Chilli served with Brown and White Steamed Rice, Nacho Chips, Guacamole and Salsa	Chefs Special Homemade Margarita Pizza served with Chipped Potatoes and Steamed Sweetcorn
Salad Market  GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Broad Bean, Pea, Feta and Mint Salad and Coleslaw  Selection of Assorted Proteins and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Classic Creamy Potato Salad and Coleslaw  Selection of Assorted Proteins, 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 Tuna Niçoise Pasta Salad and Coleslaw  Selection of Assorted Proteins 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 Peruvian Chop Salad and Coleslaw  Selection of Assorted Proteins, 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 Lebanese Tabbouleh Salad & Coleslaw  Selection of Assorted Proteins, Mixed Beans and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains
Refuel  Selection of Daily Fresh Filled Rolls GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	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 	Ice Cream Sundae	Slice of Banoffee Pie	Apple Flapjack Slice	Mixed Fruit Oatly Crumble served with Fresh Custard	Freshly Baked Chocolate Chip 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 6 th May, 3 rd of June and 24 th of June	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Homemade Mexican Bean Soup served with Homemade Bread	Homemade Butternut Squash and Coriander Soup served with Homemade Bread	Homemade Sweet Potato Soup served with Homemade Bread	Homemade Cream of Tomato Soup served with Homemade Bread	Homemade Roasted Vegetable Soup served with Homemade Bread
Hero Dish Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Tuna and Sweetcorn Pasta served with a Slice of Garlic Bread and a Mixed Side Salad	Chinese Style Chicken Fried Rice served with a Chinese Curry Sauce and Chinese Greens	Pulled BBQ Pork in a Soft Taco served with Spiced Potato Wedges, Pico de Gallo Dressing, Pickled Pink Onions and Mixed Leaves	Chicken Chasseur served with Minted New Potatoes and Steamed Seasonal Vegetables	Urban Style Hot Dogs served with Skinny Fries, Fried Onions and BBQ Baked Beans
Kitchen Garden Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Vegetable Pesto Pasta Bake served with a Slice of Garlic Bread and a Mixed Side Salad	Oriental Vegetable Pancake Roll served with Fried Rice, Curry Sauce and Chinese Greens	BBQ Quorn in a Soft Taco served with Spiced Potato Wedges, Pico de Gallo Dressing, Pickled Pink Onions and Mixed Leaves	Piri Piri Butternut and Halloumi Vegetable Skewers served with served with Minted New Potatoes and Steamed Seasonal Vegetables	Urban Style Vegetarian Hot Dogs served with Skinny Fries, Fried Onions and BBQ Baked Beans
Salad Market GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Roasted Caraway Carrot, Beetroot, Chick Pea and Honey Salad & Coleslaw Selection of Assorted Proteins and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Rice Salad with Sweet Chilli Sauce and Coleslaw Selection of Assorted Proteins, 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 Crunchy Red Pepper, Sunflower Seed Salad with Tangy Mustard Slaw and Cucumber, Coriander and Tomato Salad Selection of Assorted Proteins, 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 Apple and Celery Salad and Coleslaw Selection of Assorted Proteins, 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 and Bocconcini Pasta Salad and Coleslaw Selection of Assorted Proteins Mixed Beans and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains
Refuel Selection of Daily Fresh Filled Rolls GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	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	Square of Retro Sponge Cake	Key Lime Pie	Rice Pudding with Warmed Jam	Slice of Homemade Lemon Shortbread	White Chocolate and Raspberry Blondie
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