

# Lunch Menu



QUINTON HOUSE SENIOR SCHOOL

Week 1 – 1<sup>st</sup> and 22<sup>nd</sup> 13<sup>th</sup> October / 17<sup>th</sup> November / 8<sup>th</sup> December



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	<p>Smoky Chicken Pasta</p> <p>Pasta Penne in an Arrabiatta Sauce(V)</p>	<p>Stir Fried Hoisin Pork</p> <p>Aubergine in a Black Bean Sauce(V)</p>	<p>Mexican Style Chilli con Carne</p> <p>Mexican Style Bean and Chilli (V)</p>	<p>Creamy Chicken Pie</p> <p>Vegetable Spinach and Feta Parcel</p>	<p>Prime Cheeseburger</p> <p>Veggie Cheeseburger(V)</p>
SIDES	<p>Slice of Garlic Bread and Mixed Leaf Salad</p>	<p>Oriental Vegetables, Egg or Rice Noodles</p>	<p>Steamed Rice, Guacamole, Salsa and Nacho Chips</p>	<p>Crushed New Potatoes, Seasonal Fresh Vegetables and Fresh Gravy</p>	<p>Chipped Potatoes, Crisp Iceberg Lettuce, Red Onions, Assorted Pickles and Sauces</p>
DESSERTS	<p>Homemade Shortbread Slice</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Pineapple Upside Down Cake</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Traditional Apple Crumble with Fresh Custard</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Chocolate Slice</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Slice of Fruited Flapjack</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>

## DAILY OPTIONS

### DAILY SPECIALS

Soup of The Day served with home-baked bread and home baked croutons  
Jacket Potatoes with a choice of toppings.  
Selection of freshly prepared assorted Sandwiches, Rolls, Baguettes or Wraps

### PASTA BAR

Fresh Pasta with a selection of hot sauces and grated cheese

### SALADS

Selection of freshly made, sustainable composite salads and variety of basic salads, grains, and proteins.

### CHILLED DESSERTS

Dessert pots, yoghurts, jellies, selection of fresh fruit.

# Lunch Menu



**QUINTON HOUSE SENIOR SCHOOL**  
**Week 2- 8<sup>th</sup> and 29<sup>th</sup> September, 3<sup>rd</sup> and 24<sup>th</sup> November**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	<p>Beef Bolognese finished with Fresh Tomato and Herbs</p> <p>Vegemince Bolognese finished with Fresh Tomato and Herbs (V)</p>	<p>Reggae Reggae Chicken</p> <p>Jerk Butternut Squash and Halloumi Skewer(V)</p>	<p>Roasted Pork Loin served with Sage and Onion Stuffing and Apple Sauce</p> <p>Cheese, Leek and Potato Pie(V)</p>	<p>Mangalorean Chicken Curry</p> <p>Tofu and Spinach Curry(V)</p>	<p>Grilled Jumbo Pork Sausage</p> <p>Vegetable Frittata(V)</p>
SIDES	<p>Slice of Garlic Bread, Salad and Freshly Grated Parmesan Cheese</p>	<p>Rice and Peas and Fresh Coleslaw</p>	<p>Roasted Potatoes, Seasonal Vegetables and Fresh Gravy</p>	<p>Pilau Rice, Mango Chutney and Mini Onion Bhaji</p>	<p>French Fried Potatoes, Onion Rings, Baked Beans or Salad</p>
DESSERTS	<p>Jam and Coconut Sponge served with Fresh Custard</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Orange and Chocolate Chip Shortbread</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Raspberry and Lemon Crumble Cake</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Homemade Carrot Peel Cake with Cinnamon Icing</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Assorted Oven Baked Cookie</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>

## DAILY OPTIONS

### DAILY SPECIALS

Soup of The Day served with home-baked bread and home baked croutons  
 Jacket Potatoes with a choice of toppings.  
 Selection of freshly prepared assorted Sandwiches, Rolls, Baguettes or Wraps

### PASTA BAR

Fresh Pasta with a selection of hot sauces and grated cheese

### SALADS

Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.

### CHILLED DESSERTS

Dessert pots, yoghurts, jellies selection of fresh fruit.



# Lunch Menu



**QUINTON HOUSE SENIOR SCHOOL**  
**Week 3 – 15<sup>th</sup> September, 6<sup>th</sup> October, 10<sup>th</sup> November and 1<sup>st</sup> December**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	<p>Mac and Cheese with Sliced Pepperoni</p> <p>Traditional Mac and Cheese with Crispy Onions and Jalapenos(V)</p>	<p>Toad in The Hole</p> <p>Vegetarian Toad in The Hole (V)</p>	<p>Crispy Korean Chicken served in a Korean Sauce</p> <p>Butternut and Chilli Taco with Coriander and Avocado and served with Steamed Rice (V)</p>	<p>Baked Beef Lasagne with Fresh Tomato and Herbs</p> <p>Mediterranean Vegetable Lasagne with Fresh Tomato and Herbs (V)</p>	<p>Chef's Special BBQ Chicken Pizza</p> <p>Chef's Special Margarita Pizza (V)</p>
SIDES	<p>Steamed Sweetcorn</p>	<p>Creamy Mashed Potatoes, Seasonal Vegetables and Fresh Gravy</p>	<p>Korean Kimchi Fried Rice and Fried Courgettes</p>	<p>Slice of Garlic Bread and Mixed Leaf Salad</p>	<p>Chipped Potatoes and Baked Beans</p>
DESSERTS	<p>Square of Retro Sponge Cake</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Chocolate Chip Bread and Butter Pudding with Fresh Custard</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Eve's Pudding served with Fresh Cream</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Slice of Homemade Lemon Drizzle Cake</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>	<p>Marshmallow Crispy Cake</p> <p>Fresh Fruit Pots, Flavoured Yogurt and Jelly Pots</p>

## DAILY OPTIONS

### DAILY SPECIALS

Soup of The Day served with home-baked bread and home baked croutons  
 Jacket Potatoes with a choice of toppings.  
 Selection of freshly prepared assorted Sandwiches, Rolls, Baguettes or Wraps

### PASTA BAR

Fresh Pasta with a selection of hot sauces and grated cheese

### SALADS

Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.

### CHILLED DESSERTS

Dessert pots, yoghurts, selection of fresh fruit.