



Spring 2024

Jan 1/ Jan 22/ Feb 19/ Mar 11

# LUNCH



All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

JUNIOR SCHOOL MENU WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL ONE	“Make it mine Monday”  Pork or chicken Bolognese	Gluten free pork chipolatas  Halal chicken sausages	<u>Classic roast</u>  Roast chicken  Yorkshire pudding & gravy	Soup & sandwich bar  of the day  <b>You decide</b>	Fish fingers
MAIN MEAL TWO	Tomato, bean & roasted vegetable puree	Vegetable sausages	Cheese & tomato puff pastry pinwheel		Battered vegan sausage
JACKET POTATO & SANDWICH BAR	All with a choice of beans, cheese, ham or tuna				
ON THE SIDE	50/50 pasta  Garlic bread  Seasonal vegetables	Mash potato  Peas & sweetcorn	Crispy roast potatoes  Carrots & broccoli	Seasoned crisps  Carrot, cucumber & pepper sticks Classic coleslaw	Skinny fries  Garden peas  Tomato sauce
DESSERT	Rice krispie cake	Fresh fruit & flavored yoghurts	Carrot & parsnip Cake	Fresh fruit & flavored yoghurts	Flavored jelly's
Allergen free	Chocolate cookie		Vanilla sponge		



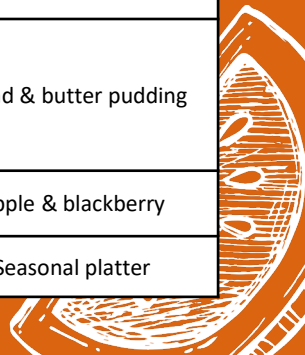


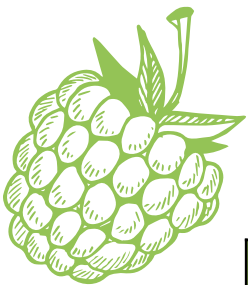
Senior School - Spring 2024

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# LUNCH

WEEK ONE	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
SOUP WITH BREAD OF THE DAY	Classic tomato	Carrot & cumin	Roasted tomato & basil	Sweet potato chowder	Italian roasted tomato & vegetable
MAIN COURSE ONE	Beef stroganoff with chestnut mushrooms & braised rice	Roasted chicken with leeks, button mushrooms in a bechamel sauce topped off with a puff pastry lid	Lasagna Beef mince in a rich tomato sauce layered between pasta sheets finished with a bechamel sauce and topped with grated mozzarella	Chicken masala Chicken in a rich thick mild curry sauce served with pilau rice and a garlic naan	Top your own pizza day  Pepperoni Black olives Bacon crumb BBQ chicken Tuna flakes Sweetcorn Caramelised red onion
MAIN COURSE TWO	Whole wheat pasta with sun dried tomatoes, mixed bean, baby leaf spinach and sweet yellow peppers	Roasted Chickpeas, seasonal vegetables in a rich gravy with a gluten free herb crust	Gluten free roasted vegetable & pesto pasta	Sweet potato & spinach hash	
ON THE SIDE	French beans Garlic mushrooms Curly kale	Baby new potatoes Cauliflower and broccoli mix	Garlic bread Broccoli and carrot mix	Poppadum's Sag aloo	Skin on fries Classic coleslaw Corn on the cob
JACKETS & PASTA	Tuna & sweetcorn & spring onions	Cheese & beans	Ham, cheese & pineapple	Cottage cheese & chive	Cheese & beans
	Pesto pasta	Beef tomato & basil	'Odds & ends' herby penne pasta	Roasted pepper, courgetti & tomato	Feta & olive
DESSERTS	Rice Krispy cake	Pavlova Winter fruits mixed with meringue & double cream	Carrot & parsnip cake	Selection of dessert pots	Bread & butter pudding
YOGHURT	Passionfruit	Berry compote	Mango & coconut	Honey & granola	Apple & blackberry
CUT FRUIT	Honeydew & pomegranate	Orange wedges	Pineapple pieces	Gala & blueberries	Seasonal platter





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# SALAD BAR

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SIMPLE SALADS</b>	Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges	Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves	Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges	Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves	Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges
<b>COMPOSITE SALADS</b>	Pesto pasta New potato salad with chives	Beef tomato & basil pasta Classic coleslaw	Shaved pear, broccoli & blue cheese "Odds & ends" herby penne pasta	Roast pepper, courgette & tomato pasta Classic coleslaw	Baked squash & lemon cougette with cumin seed dressing Broccoli stem & cauliflower core slaw
<b>PROTIENS</b>	Flaked tuna, sweetcorn & spring onions Or Tapas selection	Sticky chilli, mint & basil chicken Falafels with red pepper humus	Home baked ham & pineapple Sweetcorn fritters with green pepper salsa	Smoked mackerel salad Cottage cheese & chive	Pulled coronation chicken Olive & feta pasta
<b>DRESSINGS</b>	Olive oil & balsamic Classic Caesar Honey & mustard	Olive oil & balsamic Classic Caesar Honey & mustard	Olive oil & balsamic Classic Caesar Honey & mustard	Olive oil & balsamic Classic Caesar Honey & mustard	Olive oil & balsamic Classic Caesar Honey & mustard
<b>TOPPINGS</b>	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes

