

Spring 2024
Jan 15/ Feb 5/ Mar 4

LUNCH



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

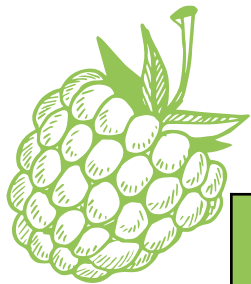
JUNIOR SCHOOL MENU WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL ONE	"Make it mine Monday" Classic carbonara sauce Beef bolognese Sauce	"Brunch" Chipolata sausage Bacon Halal chicken sausage Eggs	Roast loin of pork or chicken Yorkshire pudding & gravy	Lamb, lentil & carrot shepherds pie with creamy mash topping	<u>Pizza bar</u> Ham & pineapple or pepperoni
MAIN MEAL TWO	Classic tomato & basil sauce	Vegan sausage	Cheese & tomato puff pastry pinwheel	Macaroni cheese	Classic Margherita
JACKET POTATO & SANDWICH BAR	All with a choice of beans, cheese, ham or tuna				
ON THE SIDE	Pasta of the day Garlic bread Garden salad	Hash brown Toast & butter Baked beans	Golden crispy roast potatoes Spring greens & carrots	Steamed new potatoes, Seasonal vegetables	Skinny fries Seasonal salad bar
DESSERT	Flapjacks	Fresh fruit & flavored yoghurts	Chocolate sponge with chocolate sauce	Fresh fruit & flavoured yoghurts	Giant cookie
Allergen free	Shortbread		Chocolate cake		Jelly

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LUNCH

WEEK THREE	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
SOUP WITH BREAD OF THE DAY	Classic tomato	Classic French onion	Roasted tomato & basil	Leek & potato	Italian roasted tomato & vegetable
MAIN COURSE ONE	Bacon & mushroom risotto with parmesan & rocket	Beef chili served on a bed of rice with nachos	Gluten free pork sausage Or halal chicken sausage	Caribbean chicken and mango curry served with tropical cous cous	Oven baked fillet of fish fingers Or Sweet potato and feta falafels with a mint yoghurt dressing Skinny fries Garden peas Barbecue baked beans
MAIN COURSE TWO	Gnocchi with kalamata olives in a sundried tomato sauce finished with a mozzarella balls	Italian squash & chickpea stew	Quorn sausages or vegan option	Penne pasta in a rich tomato sauce with spinach and topped with mozzarella and cheddar finished under the grill	
ON THE SIDE	Fresh crusty bread Garden pea and French bean mix	Roasted mini cobs Steamed broccoli Carrot and courgetti combo	Rich caramelised onion gravy Fluffy mashed potato Braised red cabbage Homemade baked beans	Classic Italian ratatouille Courgetti and pea mix	
JACKETS & PASTA	Flaked tuna mayo	Cheddar cheese & beans	Honey roast ham & mustard	Cheese & rainbow slaw	Classic prawn cocktail
	Smoked crispy bacon & pea pasta salad	Tomato, green pepper & basil tossed with a lemon dressing	Spicy bean, chili & coriander	Smoked salmon & wilted spinach	Herby pesto pasta
DESSERTS	Flapjack	Apple & rhubarb with your choice of crumble topping all served with fresh custard	Chocolate sponge with chocolate sauce	Fruits of the forest cheesecake	Milk & white chocolate giant cookie
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 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIMPLE SALADS	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
COMPOSITE SALADS	Balsamic roast beetroots & carrots with dill Smoked bacon & pea pasta	Tomato, green pepper & basil pasta Curried potato salad with spinach & raisins	New potatoes, peas & courgettes with lemon & sage Broccoli stem & cauliflower core slaw	Rainbow slaw with sweet chilli, lime & coriander Sticky roast carrot with red onions & spinach	Charred broccoli & roast carrot with lemon, ginger & pumpkin seeds Sweet chilli & coriander slaw
PROTIENS	Flaked tuna with mayo or Egg and cress salad	Roast pepper & feta tartlets or Cold meat selection	Honey roasted ham & mustard Spicy bean, chili & coriander	Crushed bean, tomato & avocado wrap or Smoked salmon & spinach pasta	Garlic and lemon humus with crudities Classic prawn cocktail
DRESSINGS	Olive oil & balsamic Sriracha mayo French dressing	Olive oil & balsamic Sriracha mayo French dressing	Olive oil & balsamic Sriracha mayo French dressing	Olive oil & balsamic Sriracha mayo French dressing	Olive oil & balsamic Sriracha mayo French dressing
TOPPINGS	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

