

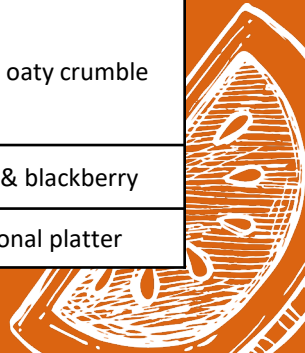


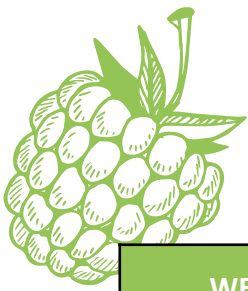
Senior School

WEEK ONE
Apr 15, May 6, Jun 3, Jun 24

LUNCH

WEEK ONE	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day & home baked bread				
MAIN COURSE ONE	Hot and spicy chili beef with bell peppers	Summer picnic Freshly baked baguettes Sandwich filling station Cupa- soup Skin on crisps Selection of seasonal salads	Chicken katsu curry	Lasagna Beef mince in a rich tomato sauce layered between pasta sheets finished with a bechamel sauce and topped with grated mozzarella	Fish fingers
MAIN COURSE TWO	Mac 'n' cheese		Potato, rosemary & goats cheese pizza	Vegetable lasagna	Stuffed peppers filed with mixed beans & tomato sauce
ON THE SIDE	Rice Seasonal vegetables		Sticky rice	Garlic bread Broccoli and carrot mix	Skin on fries Classic coleslaw Corn & pea mix
JACKETS	Jacket potato bar with a selection of toppings				
PASTA	Pesto	Roasted tomato & basil	Cheese Sauce	Pesto	Roasted tomato & basil
DESSERTS	Rice Krispy cake	Chocolate orange fool pots	Carrot & parsnip cake	Selection of dessert pots	Apricot oaty crumble
YOGHURT	Passionfruit	Berry compote	Mango & coconut	Honey & granola	Apple & blackberry
CUT FRUIT	Honeydew & pomegranate	Orange wedges	Pineapple pieces	Gala & blueberries	Seasonal platter





Senior School

SALAD BAR

WEEK ONE

Apr 15, May 6, Jun 3, Jun 24

WEEK 1	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	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
PROTIENS	Selection of Ham, cheese, tuna or chicken pots				
DRESSINGS	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
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

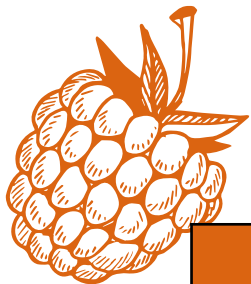


Senior School

WEEK TWO
Apr 22, May 13, Jun 10, Jul 1

LUNCH

WEEK TWO	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day & home baked bread				
MAIN COURSE ONE	Spaghetti carbonara Pasta in a bacon and cream sauce finished with a parsley and parmesan crumb	<u>All day brunch/lunch</u> Sausage Bacon Beans Grilled tomato Mushrooms Sauté potatoes Breakfast omelet	Chicken masala Chicken in a rich thick mild curry sauce served with pilau rice and a garlic naan	<u>Noodle Bar</u>	Turkey burgers Or Crispy potato skins with a vegan cheese and chive filling drizzled with a sun dried tomato dressing
MAIN COURSE TWO	Gluten free Quorn bolognaise		Sweet potato & spinach hash		Skin on fries Minted garden peas
ON THE SIDE	Garlic and herb slice Trio of steamed vegetables		Poppadum's Sag aloo		
JACKETS	Jacket potato bar with a selection of toppings				
PASTA	Pesto	Roasted tomato & basil	cheese Sauce	Pesto	Roasted tomato & basil
DESSERTS	Sticky toffee pudding with toffee sauce	Scrumble	Iced sponge	Banana & milk chocolate traybake	Chocolate brownie
YOGHURT	Passionfruit	Berry compote	Mango & coconut	Honey & granola	Apple & blackberry
CUT FRUIT	Honeydew & pomegranate	Orange wedges	Pineapple pieces	Gala & blueberries	Seasonal platter



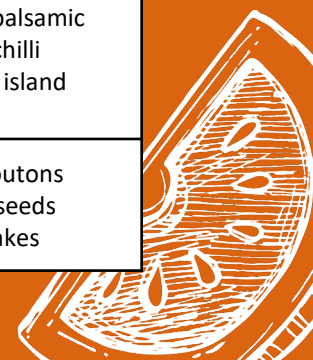
Senior School

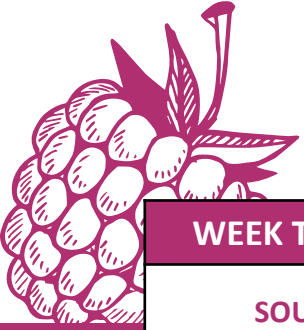
WEEK TWO

Apr 22, May 13, Jun 10, Jul 1

SALAD BAR

WEEK 2	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	Caesar salad with parmesan & croutons Pea, lemon & spinach pasta	Roast tomato & broccoli pasta Classic Greek salad	Skin-on baked butternut squash & sage pasta Rocket, cherry tomato & parmesan	Celery and apple salad Roasted pepper, chickpea & courgette pasta	Roasted pepper & courgette Pesto pasta
PROTEINS	Selection of Ham, cheese, tuna or chicken pots				
DRESSINGS	Olive oil & balsamic Sweet chilli Thousand island	Olive oil & balsamic Sweet chilli Thousand island	Olive oil & balsamic Sweet chilli Thousand island	Olive oil & balsamic Sweet chilli Thousand island	Olive oil & balsamic Sweet chilli Thousand island
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





Senior School

WEEK THREE
Apr 29, May 20, Jun 17, Jul 8

LUNCH

WEEK THREE	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day & home baked bread				
MAIN COURSE ONE	Beef taco bar	Sticky sweet chili chicken	Spaghetti bolognaise	Beef chow mein	Wrap it up! Skinny fries Garden peas Barbecue baked beans
MAIN COURSE TWO			Frittata		
ON THE SIDE			Fresh crusty bread Garden pea and French bean mix	Garlic bread Vegetables of the day	
JACKETS	Jacket potato bar with a selection of toppings				
PASTA	Pesto	Roasted tomato & basil	Cheese Sauce	Pesto	Roasted tomato & basil
DESSERTS	Ice cream with a choice of toppings	Apple & rhubarb with your choice of crumble topping all served with fresh custard	Chocolate sponge with chocolate sauce	Milk & white chocolate giant cookie	Fresh fruit & yoghurt selection
YOGHURT	Passionfruit	Berry compote	Mango & coconut	Honey & granola	
CUT FRUIT	Honeydew & pomegranate	Orange wedges	Pineapple pieces	Gala & blueberries	





Senior School

WEEK THREE

Apr 29, May 20, Jun 17, Jul 8

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 coleslaw	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
PROTEINS	Selection of Ham, cheese, tuna or chicken pots				
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

