

# Junior School Menu - Week One

Apr 15, May 6, Jun 3, Jun 24

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal one</b>	Steamed vegetable rice, topped with YOUR choice of...	Macaroni with YOUR choice of sauce Bacon & sweetcorn Simple chicken & pea	Roast chicken Yorkshire pudding	Simple beef lasagne	Breaded MSC fish goujons Vegetable pinwheel
<b>Meat meal two</b>	Chicken, tomato & basil Chunky roast vegetables, split pea & tomato	Classic cheese	Cheddar & Tomato Turnover Skin on roast potatoes Skin on roast roots Steamed broccoli trees	Gnocchi with simple tomato sauce & mini mozzarella balls	Shoestring fries Garden peas Baked beans
<b>On the side</b>	Spring greens & prawn crackers	Carrots, crushed pea & simple salad	Proper gravy	Garlic bread, honey roast carrots & steamed corn	Tartare Ketchup
<b>Dessert</b>	Gluten free Apple crumble & custard	Fresh cut fruit & yoghurt	Chocolate marble cake with whipped cream	Fresh cut fruit & yoghurt	Vegan banana & strawberry strudel with vanilla yoghurt
<b>Everyday</b>	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt
<b>Jacket Potato &amp; sandwich bar</b>	All with a choice of beans, cheese, ham or tuna				

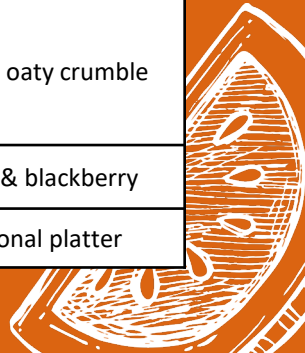


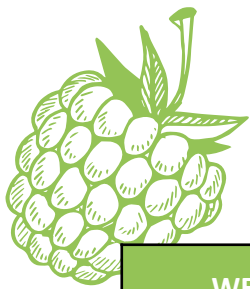
# Senior School

WEEK ONE  
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# LUNCH

WEEK ONE	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Soup of the day & home baked bread				
<b>MAIN COURSE ONE</b>	Hot and spicy chili beef with bell peppers	<b>Summer picnic</b> 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
<b>MAIN COURSE TWO</b>	Mac 'n' cheese		Potato, rosemary & goats cheese pizza	Vegetable lasagna	Stuffed peppers filed with mixed beans & tomato sauce
<b>ON THE SIDE</b>	Rice Seasonal vegetables		Sticky rice	Garlic bread Broccoli and carrot mix	Skin on fries Classic coleslaw Corn & pea mix
<b>JACKETS</b>	Jacket potato bar with a selection of toppings				
<b>PASTA</b>	Pesto	Roasted tomato & basil	Cheese Sauce	Pesto	Roasted tomato & basil
<b>DESSERTS</b>	Rice Krispy cake	Chocolate orange fool pots	Carrot & parsnip cake	Selection of dessert pots	Apricot oaty crumble
<b>YOGHURT</b>	Passionfruit	Berry compote	Mango & coconut	Honey & granola	Apple & blackberry
<b>CUT FRUIT</b>	Honeydew & pomegranate	Orange wedges	Pineapple pieces	Gala & blueberries	Seasonal platter





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# SALAD BAR

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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>	Selection of Ham, cheese, tuna or chicken pots				
<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

