

Junior School Menu - Week Two

Apr 22, May 13, Jun 10, Jul 1

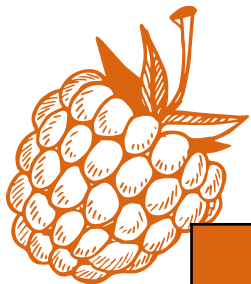
	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal one	Creamy turkey & pea with 50/50 penne pasta	Slow roast mild chicken fajitas with peppers & onions (on the side!)	Roast Gammon or chicken Yorkshire puddings	Soft roll with beef, chicken or Quorn burger topped with Sweet & sticky onions	Battered MSC fish fillets
Main meal two	Cauliflower cheese with parmesan crumble top	Roast vegetable, fruit chutney & goats cheese tarts	Roasted vegetable puff pastry pin wheel Crispy roast potatoes	BBQ baked beans	Fishless fingers Chunky baked chips Smashed peas Home baked beans
On the side	Home baked loaf, spring cabbage & carrots	Steamed rice, iceberg lettuce & cucumber sticks	Steamed peas & carrots Proper gravy	Skin on wedges simple salads corn cobs Baked beans	Tartare ketchup
Dessert	Chocolate brownie with cream & strawberries	Fresh cut fruit & yoghurt	Ice cream	Fresh cut fruit & yoghurt	Berry meringue mess pots
Everyday	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt
Jacket Potato & sandwich bar	All with a choice of beans, cheese, ham or tuna				

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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



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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

