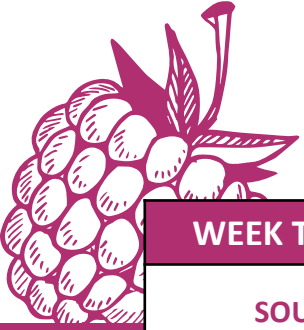


Junior School Menu - Week Three

Apr 29, May 20, Jun 17, Jul 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal one	Pork & Vegan Sausages Mashed! 50/50 sweet potato mash Steamed peas & mini carrots Proper gravy ketchups	50/50 Penne pasta with YOUR sauce.. Beef bolognaise Creamy roast vegetable & pesto Garlic bread Simple salad with cucumber & cherry tomatoes	Roast Chicken with Yorkshire pudding Sage & onion stuffing Cheddar, tomato & spinach turnover "Skin on" roast potatoes "Skin-on" roast root vegetables Steamed broccoli trees Proper gravy	Mild Fruity turkey, lentil & tikka curry with mini naan	<u>Top your own pizza</u> Pepperoni Bacon crumb BBQ chicken Tuna flakes Sweetcorn Pineapple Skin on fries Classic coleslaw Corn on the cob
Meat meal two				Sweet potato curry	
On the side				50/50 rice, steamed cauliflower, crispy cabbage	
Dessert	Chocolate pudding	Fresh cut fruit & yoghurt	Fruit ice lolly	Fresh cut fruit & yoghurt	Vegan iced sponge with frosting
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				



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	Potato Gnocchi	
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

