

LUNCH

Junior School

Jan 20, Feb 10, Mar 10

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mild BBQ Boston beef chilli	Chicken thigh and chorizo ragu	Slow roasted pork shoulder and apple sauce Or braised chicken leg	Sausage bar Butcher classic sausage Pork & leek sausage Chicken sausages	Battered pollock fillet with lime mojo mayonnaise
MEAT FREE VEGETARIAN	5 bean and roasted red pepper chilli	Spicy tomato ariabata with chunky vegetables	Roasted vegetable hotpot with dumpling	Vegetarian sausage toad in the hole	Margherita pizza
ON THE SIDE	Long grain rice Nacho chips Salsa Sour cream Cheese	Wholemeal penne pasta Broccoli Green beans	Fluffy roast potatoes Peas and cabbage gravy Yorkshire pudding	Mash Potato Sweetcorn and Onion gravy	Chips Peas Baked beans
DESSERT	Maple-soaked Pancakes with autumn berry coulis	Chocolate sponge with chocolate custard	Strawberry cheesecake	Fruit crumble and custard	Biscoff muffins tray bake
EVERY DAY	Jacket potato with cheese and beans Pasta bar with sauce of the day	Jacket potato with cheese and beans	Jacket potato with cheese and beans Pasta bar with sauce of the day	Jacket potato with cheese and beans Pasta bar with sauce of the day	Jacket potato with cheese and beans Pasta bar with sauce of the day

Lunch

Senior School

Jan 20, Feb 10, Mar 10

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
MAIN MEAL	BBQ Boston beef chilli	Chicken thigh and chorizo ragu	Slow roasted pork shoulder and apple sauce Or Baked chicken leg	Sausage bar Butcher classic sausage Pork & leek sausage Chicken sausages Vegetarian sausage toad in the hole	Margherita pizza slice Or battered pollock fillet with lime mojo mayonnaise
MEAT FREE VEGETARIAN	5 bean and roasted red pepper chilli	Spicy tomato ariabata with chunky vegetables	Roasted vegetable hotpot with dumpling		Margherita pizza
ON THE SIDE	Long grain rice Nacho chips Salsa Sour cream Cheese	Wholemeal penne pasta Broccoli Green beans	Fluffy roast potatoes Peas and cabbage gravy Yorkshire pudding	Mash Potato Sweetcorn and Onion gravy	Chips Peas Baked beans
DESSERT	Maple-soaked Pancakes with autumn berry coulis	Chocolate sponge with chocolate custard	Strawberry cheesecake	Fruit crumble and custard	Biscoff muffins tray bake
EVERY DAY	Jacket potato with cheese and beans Pasta bar with sauce of the day	Jacket potato with cheese and beans	Jacket potato with cheese and beans Pasta bar with sauce of the day	Jacket potato with cheese and beans Pasta bar with sauce of the day	Jacket potato with cheese and beans Pasta bar with sauce of the day