

Three Week School Lunch Menu Plan

School Lunch Menu for week commencing 8th April 2019



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Home made Soup of the Day (Years 6 to 8) | Tomato & Herb | Courgette & Lemon | Sweetcorn Soup | Spring Vegetable Soup | Carrot & Coriander |
| Main Meal | Cumberland Sausage & Mash With Onion Gravy & Broccoli | Bacon Mac 'n Cheese Mixed Salad Garlic Bread | Chinese Pork Stir Fry With Steamed Rice Sauté Greens with Peas | Piri Piri Style Chicken Rustic Fries Buttered Corn Cobs | Cod Fish Fingers Chips Garden Peas Homemade Tartare Sauce Lemon Wedges |
| Vegetarian Meal | Spring Vegetable Casserole, Baby Herb Dumplings with Mash & Broccoli | Seasonal Roasted Vegetable Mac 'n Cheese Mixed Salad Garlic Bread | Vegan Shepherd's Pie With Sweet Potato Topping Sauté Greens With Peas | Halloumi & Roast Vegetable Burrito's Rustic Fries Buttered Corn Cobs | Vegetable Fingers Chips Garden Peas |
| On the Side | Jacket Potatoes Baked Beans Grated Cheese | Jacket Potatoes Vegetable Chilli Grated Cheese | Pasta Carbonara | Jacket Potatoes Grated Cheese Baked Beans | Penne Pasta Tomato & Basil Sauce |
| Salads (Years 4 to 8) | Available from the salad bar | | | | |
| Desserts | Creamy Rice Pudding & Jam Fresh Fruit Yogurt Pots | Classic Shortbread Fresh fruit Yogurt Pots | Chocolate Forest Fruits Brownie Fresh Fruit Yogurt Pots | Spiced Apple & Berry Crumble & Custard Fresh fruit Yogurt Pots | Pumpkin & Sultana Flap Jacks Fresh fruit Yogurt Pots |

If you have an allergy please let a member of staff know so that we can help. *JUST ASK!*

School Lunch Menu for week commencing 15th April 2019



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Home made Soup of the Day (Years 6 to 8) | Pea and Mint | Curried Parsnip | Roasted Pepper & Tomato | Cream of Broccoli | Leek & Potato |
| Main Meal | "Meat free Monday" Sweet Potato & Vegetable Chilli Skin On Wedges Nachos Sour cream | Classic Italian Meatballs & Tomato Sauce Spaghetti Tomato Focaccia Roasted Vegetables | Slow Cooked Beef Curry Pilau Rice Naan Bread Gulachans Sag Aloo | Honey Roast Gammon Roast Potatoes Green Beans & carrots | Cod Fishcakes Rustic chips Garden Peas Homemade Tartare Sauce Lemon Wedges |
| Vegetarian Meal | Roasted Vegetable & Feta Stuffed Pitta with Pesto and Skin On Wedges | Roast Cherry Tomato Risotto with Rocket Dressing Tomato Focaccia Roasted Vegetables | Vegetable Tikka Masala Pilau Rice Naan Bread Gulachans Sag Aloo | Sweet Potato Moussaka With Feta Crust Roast Potatoes Green Beans & Carrots | Vegan Red Pepper & Chorizo style Sausages Rustic Chips Garden Peas |
| On the side | Jacket Potatoes Baked Beans Grated Cheese | Jacket Potatoes Tuna Mayonnaise Grated Cheese | Roast Cherry tomato & Basil Pasta | "Nut Free" Pesto Pasta | Jacket Potato Baked Beans Grated Cheese |
| Salads (Years 4to 8) | Selection of Fresh Salads from the Salad Bar | | | | |
| Dessert | Lemon Drizzle Cake Yogurt Fresh Fruit | Banoffee Pots Yogurt Pots Fresh fruit | Fresh Fruit Salad & Cream Yogurt Pots Fresh fruit | Warm Berry Topped Belgium Waffles Yogurt Pots Fresh fruit | Sticky Toffee Pudding Yogurt Pots Fresh fruit |

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School Lunch Menu for week commencing 22nd April 2019



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------|
| Home made Soup of the Day (Years 6-8) | Cream of Chestnut Mushroom | Cream of Tomato | Broccoli & Cheddar | Butternut Squash & Ginger | Tuscan Bean Soup |
| Main Meal | Beef Bolognese Pasta Bake Mixed salad Garlic Bread | Creamy Chicken & Mushroom Puff Pastry Pie Herby New Potatoes Broccoli & Cauliflower | Beef Chilli Wholemeal rice Green Beans with Sauté Red Onion Tortilla Chips | BBQ Pork Wraps with Potato Wedges, Coleslaw & Buttered Corn | Breaded Chicken Burger Chips Peas & Sweetcorn |
| Vegetarian Meal | Feta, Spinach & Pea Frittata Mixed Salad Garlic Bread | Courgette & Sweetcorn Fritters With a Mild Salsa Herby New Potatoes Broccoli & Cauliflower | Vegetable Chilli Wholemeal Rice Green Beans with Sauté Red Onion Tortilla Chips | Falafel & Roast Vegetable Wraps with Potato Wedges, Coleslaw & Buttered Corn | Cheese & Mushroom Stuffed Pancakes Chips Peas & sweetcorn |
| On the Side | Jacket Potatoes Baked Beans Grated Cheese | Pasta With Roast Red Pepper Sauce | Jacket Potatoes Grated Cheese Tuna Mayonnaise | Jacket Potatoes Garlic Mushroom Sauce | Jacket Potatoes Baked Beans Grated Cheese |
| Salads (Years 4-8) | Selection of Fresh Salads from the Salad Bar | | | | |
| Dessert | Carrot Cake With Orange Drizzle Yogurt Pots Fresh fruit | Cheesecake Pots Yogurt Pots Fresh fruit | Strawberry Meringue Mess Pots Yogurt Pots Fresh fruit | Chocolate Courgette Cake Yogurt Pots Fresh fruit | Chocolate Chip Cookies Yogurt Pots Fresh fruit |

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