

## Week 1 Senior school



### Monday

Cream of tomato soup

chicken korma  
poppadum & chutney  
vegetable biriyani

Pilau rice/ yoghurt/  
lentil dhal

Spinach & Garden peas  
Cumin roasted  
cauliflower

pasta bar with  
neopolitan sauce

jelly pots  
fresh cut fruit  
fresh made yogurt pots

### Tuesday

Cream of mushroom  
soup

Pizza bar  
Various toppings

Vegetable ciabatta

Smokey potato wedges

Sautéed greenbeans  
Corn on the cob

Jacket potato bar

Coconut jam sponge  
fresh cut fruit  
fresh made yogurt pots

### Wednesday

Vegetable soup

Roasted gammon &  
pineapple

Vegetable risotto

Roast potatoes

Carrots  
Savoy cabbage

Pasta bar with tomato  
& basil sauce

Apple crumble  
fresh cut fruit  
fresh made yogurt  
pots

### Thursday

Leek & potato soup

Chicken noodles  
Asian slaw

Vegetable stir fry  
Prawn crackers

White rice  
Oriental salad bowl

Jacket potato & sweet  
potato bar

Carrot cake  
fresh cut fruit  
fresh made yogurt pots

### Friday

Lentil soup

Battered fish / plated  
baked fish

bean burger

Chipped potatoes  
Baked beans  
Curry sauce

Jacket potato & sweet  
potato bar

Chocolate sponge  
fresh cut fruit  
fresh made yogurt pots

## Week 2 Senior School



### Monday

Cream of mushroom soup  
chicken & chorizo paella  
Cheese flakes & parsley  
Vegetable paella  
Charred pepper salad  
Carrots & peas  
Jacket potato bar  
Sticky toffee sponge  
jelly pots  
fresh cut fruit  
fresh made yogurt pots

### Tuesday

Cream of tomato soup  
Chicken & mushroom pie  
Vegetable quiche  
Herby diced potato  
Corn on the cob  
Baked beans  
Jacket potato bar  
Strawberry mousse  
fresh cut fruit  
fresh made yogurt pots

### Wednesday

Cream of vegetable soup  
Roasted pork & apple sauce  
Vegetable cobbler  
Roast potatoes  
Greenbeans  
parsnips  
Pasta bar with tomato basil sauce or cheese sauce  
Fake well tart  
fresh cut fruit  
fresh made yogurt

### Thursday

Leek & potato soup  
Beef chilli con carne  
Flaked cheese & basil leafs  
Mac & cheese  
Garlic bites  
Steamed rice  
Corn on the cob  
Broccoli  
Jacket potato & sweet potato bar  
Lemon drizzle cake  
fresh cut fruit  
fresh made yogurt pots

### Friday

Lentil soup  
Battered fish goujons / fish of the day  
Vegetable sausage roll  
Chipped potatoes  
Baked beans  
Curry sauce  
Jacket potato & sweet potato bar  
Chocolate sponge  
fresh cut fruit  
fresh made yogurt pots

Week 3 Senior school



Monday

Cream of mushroom soup

Bbq Chicken wrap

Grated cheese

Vegetable bean wrap

White rice/ guacamole/ sour cream

greenbeans  
sweetcorn

pasta bar with  
Neapolitan sauce or  
cheese sauce

Rocky road cake  
fresh cut fruit  
fresh made yogurt pots

Tuesday

Cream of tomato soup

Sweet & sour pork  
White rice

Prawn crackers/ soy dip

Vegetable noodles

Steamed broccoli  
Baked beans

Jacket potato bar

Chocolate bread &  
butter pudding

fresh cut fruit  
fresh made yogurt pots

Wednesday

Vegetable soup

Roasted chicken &  
apricot stuffing

Cheese pie

Roast potatoes  
Carrots & Swede  
Baked beans

Pasta bar with tomato  
& basil sauce

Chocolate & orange  
brownie

fresh cut fruit  
fresh made yogurt  
pots

Thursday

Leek & potato soup

Beef bolognaise

Italian tomato salad/  
pesto baby spinach

Ricotta & spinach  
cannoli

Garlic bites  
greenbeans  
Baked beans

Jacket potato & sweet  
potato bar

Scones & jam  
fresh cut fruit  
fresh made yogurt pots

Friday

Lentil soup

Battered fish / baked  
salmon  
Lemon /tartar sauce

Quorn balls in a sub roll  
and tomato sauce  
Slice cheese/ jalapenos

Chipped potatoes  
Baked beans  
Curry sauce

Jacket potato & sweet  
potato bar

Chocolate sponge  
fresh cut fruit  
fresh made yogurt pots