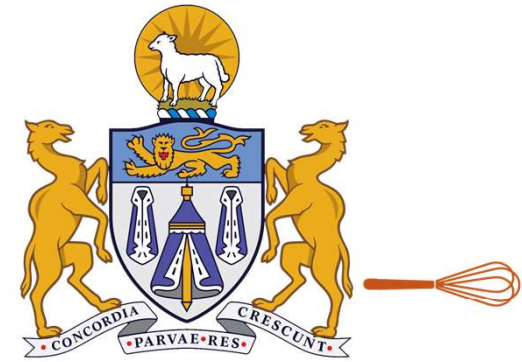


Merchant Taylors' Girls School Lunch Menu Week One



Monday

Red pepper & tomato soup (V,GF)
Freshly baked breads
Main Meal

Student Favourites

BBQ chicken wrap
Halal BBQ chicken wrap
Falafel wrap (V)
Served with salad, crunchy naked
slaw, garlic mayo and skinny fries

Pasta Bar
Tomato & basil
Creamy garlic mushrooms
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar
Mixed bean salad
Selection of salad favourites
Dressings and toppings

Deli Bar
Daily special baguette
Selection of sandwiches

Dessert
Double choc chip cookie
Fresh fruit, yoghurt, jellies

Tuesday

Carrot & coriander (V,GF)
Freshly baked breads

Main Meal

Home Comforts - Plant Based Day

Spinach & potato curry
Goan vegetable yellow curry
Served with rice, onion bhaji,
poppadom and mango chutney

Pasta Bar
Tomato & basil
Vegan meatballs in tomato sauce
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar
Classic Greek Feta salad
Selection of salad favourites
Dressings and toppings

Deli Bar
Daily special baguette
Selection of sandwiches

Dessert
Peach shortcake crumble with
custard
Fresh fruit, yoghurt, jellies

Wednesday

Spiced butternut squash (V,GF)
Freshly baked breads

Main Meal

Roast of the Day

Honey baked gammon with
pineapple compote
Halal lemon roasted chicken
Sweet potato & chickpea roast
Served with all the trimming

Pasta Bar
Tomato & basil
Chicken Pesto
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar
Black bean, quinoa and lime
Selection of salad favourites
Dressings and toppings

Deli Bar
Daily special baguette
Selection of sandwiches

Dessert
Chocolate & coconut jam sponge
Fresh fruit, yoghurt, jellies

Thursday

Mushroom (V,GF)
Freshly baked breads

Main Meal

Asian Street Food

Chicken noodle chow mein
Halal chicken noodle chow mein
Vegetable chow mein
Served with stir fried greens,
sweet chilli and prawn crackers

Pasta Bar
Tomato & basil
Carbonara
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar
Plant power spinach & soya bean
Selection of salad favourites
Dressings and toppings

Deli Bar
Daily special baguette
Selection of sandwiches

Dessert
Apple flapjack
Fresh fruit, yoghurt, jellies

Friday

Vegetable soup (V,GF)
Freshly baked breads

Main Meal

Fish Chip Shop Fridays

Battered fish
Gluten Free battered fish
Grilled mackerel
Cumberland sausages
Feta & beetroot burger
Served with mushy peas, chunky
tartare sauce. Curry sauce and
chips

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

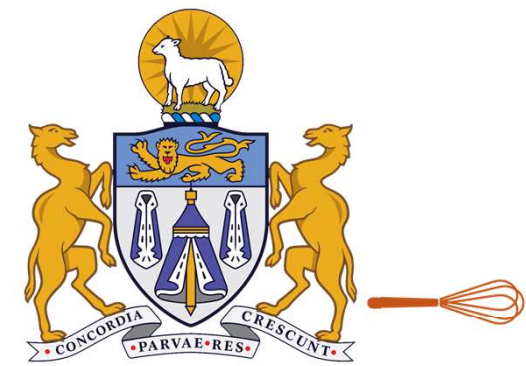
FUEL Salad Bar
Carnival pasta salad
Selection of salad favourites
Dressings and toppings

Deli Bar
Daily special baguette
Selection of sandwiches

Dessert
Butterscotch mousse
Fresh fruit, yoghurt, jellies

Our menus are subject to change

Merchant Taylors' Girls School Lunch Menu Week Two



Monday

Creamed sweetcorn soup (V,GF)
Freshly baked breads

Main Meal

Student Favourites

Southern style chicken burger
Halal Southern style chicken burger
Vegan burger (V)
Served with salad, spiced sweetcorn & lime, garlic mayo and herby diced potatoes

Pasta Bar

Tomato & basil
Beef bolognaise
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar

Plant power chickpea & red onion
Selection of salad favourites
Dressings and toppings

Deli Bar

Daily special baguette
Selection of sandwiches

Dessert

Oat, raisin & lemon cookie
Fresh fruit, yoghurt, jellies

Tuesday

Spiced chickpea & coconut soup (V,GF)
Freshly baked breads

Main Meal

Home Comforts

Traditional cottage pie
Halal traditional cottage pie
Shepherdess veggie pie
Served with green beans, baton carrot, new potatoes and gravy

Pasta Bar

Tomato & basil
Carbonara
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar

Grilled chicken Caesar salad
Selection of salad favourites
Dressings and toppings

Deli Bar

Daily special baguette
Selection of sandwiches

Dessert

Vanilla iced cake
Fresh fruit, yoghurt, jellies

Wednesday

Tomato & Mediterranean vegetable soup (V,GF)
Freshly baked breads

Main Meal

Roast of the Day

Roast chicken
Halal roasted chicken
Cheese, leek and potato pie
Served with all the trimming

Pasta Bar

Tomato & basil
Italian Chicken in tomato sauce
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar

Quinoa, mangetout & broccoli salad with lemon vinaigrette
Selection of salad favourites
Dressings and toppings

Deli Bar

Daily special baguette
Selection of sandwiches

Dessert

Apple crumble with fresh custard
Fresh fruit, yoghurt, jellies

Thursday

Red lentil soup (V,GF)
Freshly baked breads

Main Meal

Asian Street Food

Thai green chicken curry
Halal Thai green chicken curry
Thai green Vegetable curry
Served with, rice stir fried kale, chilli & mangetout and prawn crackers

Pasta Bar

Tomato & basil
Cheese sauce
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar

Thai noodle salad
Selection of salad favourites
Dressings and toppings

Deli Bar

Daily special baguette
Selection of sandwiches

Dessert

Orange shortbread
Fresh fruit, yoghurt, jellies

Friday

Autumn vegetable soup (V,GF)
Freshly baked breads

Main Meal

Fish Chip Shop Fridays

Battered fish
Gluten Free battered fish
Oven baked salmon with Caramelised fennel
Sausage rolls
Vegan sausage rolls
Served with mushy peas, chunky tartare sauce. Curry sauce and chips

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar

Fennel, feta, pomegranate seeds and sumac
Selection of salad favourites
Dressings and toppings

Deli Bar

Daily special baguette
Selection of sandwiches

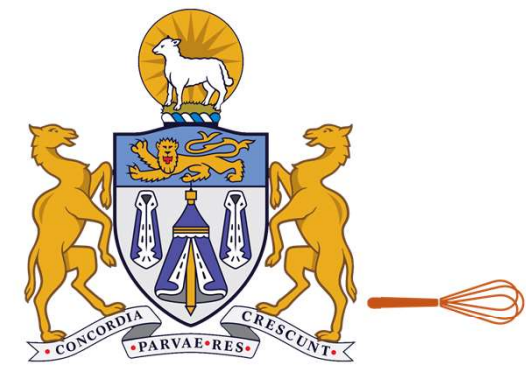
Dessert

Mary's chocolate brownie
Fresh fruit, yoghurt, jellies

Our menus are subject to change

For all menu enquiries please email jordon.weston@chartwellsindependent.co.uk

Merchant Taylors' Girls School Lunch Menu Week Three



Monday

Butternut & coriander soup (V,GF)
Freshly baked breads

Main Meal

Student Favourites

Chicken fajita
Halal chicken fajita
Sizzling bean fajita (V)
Served with salad, guacamole, cheese, soured cream, salasa, corn on cob and on the skin wedges

Pasta Bar

Tomato & basil
Chicken pesto
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar

Feta cous cous and pomegranate
Selection of salad favourites
Dressings and toppings

Deli Bar

Daily special baguette
Selection of sandwiches

Dessert

Chunky white chocolate cookie
Fresh fruit, yoghurt, jellies

Tuesday

Pea & mint soup (V,GF)
Freshly baked breads

Main Meal

Home Comforts

Traditional beef lasagne
Halal traditional beef lasagne
Mediterranean vegetable lasagne
Served with rocket, spinach and Italian cheese salad, and garlic bread

Pasta Bar

Tomato & basil
BBQ chicken
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar

Mixed green bean salad
Selection of salad favourites
Dressings and toppings

Deli Bar

Daily special baguette
Selection of sandwiches

Dessert

Strawberry mousse crunch
Fresh fruit, yoghurt, jellies

Wednesday

Tomato & basil soup (V,GF)
Freshly baked breads

Main Meal

Roast of the Day

Roast turkey
Halal roasted roast turkey
Roast vegetable & cranberry slice
Served with all the trimming

Pasta Bar

Tomato & basil
Sausage ragu
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar

Butterbean with sweet chilli & fresh herb salad
Selection of salad favourites
Dressings and toppings

Deli Bar

Daily special baguette
Selection of sandwiches

Dessert

Steamed chocolate sponge with chocolate suce
Fresh fruit, yoghurt, jellies

Thursday

Sweet potato & carrot soup (V,GF)
Freshly baked breads

Main Meal

Asian Street Food

Chicken katsu
Halal chicken katsu
Tofu katsu
Served with sticky jasmine rice, broccoli with toasted garlic, and sweetcorn

Pasta Bar

Tomato & basil
Bolognaise
Gluten free pasta, garlic bread

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar

Minted couscous, pea & spring onion
Selection of salad favourites
Dressings and toppings

Deli Bar

Daily special baguette
Selection of sandwiches

Dessert

Banana marble cake
Fresh fruit, yoghurt, jellies

Friday

Country vegetable soup (V,GF)
Freshly baked breads

Main Meal

Fish Chip Shop Fridays

Battered fish
Gluten Free battered fish
Hake Portuguese
Beef slice
Cheese & onion pasty
Served with mushy peas, chunky tartare sauce. Curry sauce and chips

Jacket & Sweet Potato Bar
Cheese, beans, tuna mayo

FUEL Salad Bar

Spicy rice & red bean salad
Selection of salad favourites
Dressings and toppings

Deli Bar

Daily special baguette
Selection of sandwiches

Dessert

Homemade rocky Road
Fresh fruit, yoghurt, jellies

Our menus are subject to change