

# Junior/Senior School Lunch Menu

w/c 10<sup>th</sup> January

## MONDAY

### Mains:

Chicken breast nuggets with sweet & sour sauce  
Homemade beef lasagne with garlic bread  
Southern fried quorn nuggets with sweet & sour sauce (v)

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### Sides:

Noodles & egg fried rice  
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Spotted dick with vanilla sauce

## TUESDAY

### Mains:

Wholemeal pizza with various toppings (v)  
Lamb tagine with cous-cous

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### Sides:

Oven baked lattice potato, broccoli, green beans, salad or whole wheat spaghetti hoops  
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Chocolate fudge cake with cream

## WEDNESDAY

### Mains:

Roast chicken breast with Yorkshire pudding  
Pasta in tomato & basil sauce (v)  
Past with chorizo & sundried tomato & mozzarella cheese

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### Sides:

Roasted & creamy mashed potatoes, medley of vegetables, garlic bread  
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Treacle sponge with custard

## THURSDAY

### Mains:

Katsu chicken curry with poppadum or naan breads  
Sweet potato & chickpea curry (v)  
Panini Bar

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### Sides:

Pilau rice or sauté potato, side salad, spaghetti hoops or baked beans  
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Chocolate profiteroles with cream

## FRIDAY

### Mains:

Oven baked cod goujons with tartare sauce or salmon fillet with sweet chilli jam  
Roasted vegetable frittata (v)  
Beef burger in a bun with onions & cheese

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### Sides:

Stealth fries, garden peas, mushy peas, baked beans  
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Homemade shortbread with pink custard

Sandwich/wraps/baguettes/salad pot/jacket potato with a choice of fillings/soup available each day

Grab & go desserts, jelly pots, fresh fruit, yoghurts and cheese and biscuits available every day.

If you have a food allergy or a special dietary requirement, please inform a member of the Catering team.