

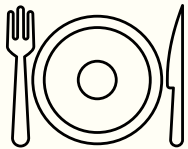
# JUNIOR AND SENIOR LUNCH MENU



## WEEK 1

\*ALL ALLERGIES CATERED FOR\*

\*GRAB & GO AND LIGHTER OPTION AVAILABLE DAILY\*



## MONDAY

### MAIN MEAL

Cajun Chicken Breast in a Pretzel Bun with mango & lime salsa

Butternut Squash & Kale Frittata (V)

Plant based Burger with halloumi in a Roll with Tomato Chutney

### CARBOHYDRATES & VEGETABLES

Herby Potato Wedges  
Mangetout & Baby Corn

### DESSERT (HOT)

Mini Apple & Sultana Strudel with Custard

### DESSERT (COLD)

White Chocolate & Raspberry Cheesecake  
Yogurts  
Fruity Jelly  
Fresh Fruit

## TUESDAY

### MAIN MEAL

Chilli Beef with Tacos tomato salsa & Guacamole  
Plant Based Duck with Tacos (V)

Vegan Chilli with tacos  
Tomato salsa & Guacamole

### CARBOHYDRATES & VEGETABLES

Wholemeal & White Basmati Rice  
Corn on the Cobs

### DESSERT (HOT)

Lemon & Parsnip Loaf Cake

### DESSERT (COLD)

Churros with Chocolate  
Houmous  
Yogurts  
Angel Delight  
Fresh Fruit

## WEDNESDAY

### MAIN MEAL

Swedish Meatballs in a homemade Tomato Sauce  
Macaroni Cheese with hidden Courgettes & Crispy onion topping (V)

Homemade Tomato & Vegetable Pasta Bake with Vegan Cheese Topping

### CARBOHYDRATES & VEGETABLES

Potato Wedges  
Baby Carrots & Sweetcorn

### DESSERT (HOT)

Pear & Chocolate Sponge & Custard

### DESSERT (COLD)

Key Lime Pie Mousse with a biscuit crumb topping  
Yogurts  
Fruit Jelly  
Fresh Fruit

## THURSDAY

### MAIN MEAL

Cumberland Sausages in Onion Gravy or Chicken Sausage in onion gravy

Homemade Cauliflower, Leek & Butter Bean Gratin (V)

Smokey Plant Based Sausage & bean Pot

### CARBOHYDRATES & VEGETABLES

Roast & Mash Potatoes  
Root Vegetable Mash & Seasonal Vegetables

### DESSERT (HOT)

Apple & Rhubarb Oaty Crumble with Custard

### DESSERT (COLD)

Eton Mess  
Yogurts  
Angel Delight  
Fresh Fruit

## FRIDAY

### MAIN MEAL

Wholetail Scampi with Tartare sauce or Homemade Sausage Plait

Plant Based Kofta with Pitta Bread Salad & Houmous (V)

Vegan Fishless Fingers in a bun with Salad & Vegan Mayonnaise

### CARBOHYDRATES & VEGETABLES

Oven Baked Chunky Chips  
Peas Baked Beans Mushy Peas

### DESSERT (HOT)

Sweet Potato & Chocolate Brownie & Pink Sauce

### DESSERT (COLD)

Coconut Cookies  
Yogurts  
Fruit Jelly  
Fresh Fruit

