JUNIOR AND SENIOR LUNCH MENU

WEEK 1

ALL ALLERGIES CATERED FOR

SALAD BOWL OPTION AVAILABLE DAILY

MONDAY

MAIN MEAL

Street FoodGreek style with salt & pepper or garlic & herb chicken Baked Earth Flatbread & Greek Salad

Street FoodGreek style with marinated Plant Based Kofta Baked Earth Flatbread & Greek Salad

Street Food with Plant Based Kofta & Vegan Cheese & Flatbread

CARBOHYDRATES & VEGETABLES

Crispy cubes or sweet potato fries
Corn on the cob sweeetcorn & Baby corn

DESSERT

Lemon & Blueberry Muffin
White Chocolate & Raspberry Cheesecake
Fruity Jelly
Fresh Fruit

TUESDAY

MAIN MEAL

Wholetail Scampi or Salmon with Sriracha on Egg Noodles

Cheese pepper & tomato Quiche

Fishless Fingers in a bun with baby gem lettuce & Vegan mayonnaise

CARBOHYDRATES & VEGETABLES

Skin on fries
Peas & Baked beans

DESSERT

Sticky Toffee & Date Pudding, Custard
Tahini & chocolate coconut Cookies
Yogurts
Fruity Jelly
Fresh Fruit

WEDNESDAY

MAIN MEAL

Chicken, Chorizo & sun dried tomato & Conchiglie Bake

Macaroni & Cauliflower Cheese Bake

Homemade Tomato & Basil Sauce with Conchiglie Pasta

CARBOHYDRATES & VEGETABLES

Pasta Shells & Garlic Bread
Sweetcorn & Peas

DESSERT

Lemon & Parsnip Sponge with Custard
Scone with clotted cream & strawberry jam
Yogurts
Fruity Jelly
Fresh Fruit

THURSDAY

MAIN MEAL

Cumberland Sausage with onion gravy & yorkshire pudding or Halal Chicken Sausages with Onion Gravy & Yorkshire pudding

Roast Quorn Fillet with Yorkshire Pudding

Vegan Cumberland sausage

CARBOHYDRATES & VEGETABLES

Roasted & Mashed Potatoes
Swede & Carrot Mash & Medley of vegetables

DESSERT

Apple Pie & Cream
Mandarin & Peach Trifle
Yogurts
Angel Delight
Fresh Fruit

FRIDAY

MAIN MEAL

Crispy haddock in batter or Jumbo Sausage in batter

Cheese & Butternut Squash & Sweet Potato Pie

Spicy Bean burger in pretzel bun

CARBOHYDRATES & VEGETABLES

Chunky chips
Peas baked beans & chip shop curry sauce

DESSERT

Sweet Potato Brownie
Pancakes with cream toffee sauce
Yogurts
Fruit Jelly
Fresh Fruit

café Rouge

Pasta Pots

A variety of fresh homemade sauces available

Panini

Various fillings daily

Jacket Potato

Includes one filling

Takeaway or Eat-in | Seniors & Sixth Form only