JUNIOR AND SENIOR LUNCH MENU

WEEK 3

ALL ALLERGIES CATERED FOR

GRAB & GO AND LIGHTER OPTION AVAILABLE DAILY

MONDAY

MAIN MEAL

Wholemeal Pizza bases with a rustic tomato sauce & choice of topping: Meat Feast or Hawaiian Halal peperoni

Wholemeal Pizza bases with a rustic tomato sauce with roasted vegetables or Pizza Margherita with fresh basil

Pitta Bread Pizza with Rustic Tomato sauce & vegan cheese

CARBOHYDRATES & VEGETABLES

Ziggy Fries
Peas & Sweetcorn & baked beans & spaghetti hoops

DESSERT

Treacle Tart & custard
Chickpea Blondie with custard
Yogurts
Angel Delight
Fresh Fruit

TUESDAY

MAIN MEAL

Asian slow cooked Beef with peppers or Chicken Chunks in Sweet & Sour Sauce

Asian slow cooked Quorn Beef with peppers

Morroccan Style Cauliflower bites with a sweet & sour sauce

CARBOHYDRATES & VEGETABLES

Vegetable Rice & Noodles
Baby carrots green beans & baby corn

DESSERT

Lemon lime & blackberry cake
Mango & Raspberry Eton Mess
Yogurts
Angel Delight
Fresh Fruit

WEDNESDAY

MAIN MEAL

Homemade Beef & Vegetable Bolognaise sauce with spaghetti

Homemade quorn & vegetable bolognaise sauce with spaghetti

Homemade Tomato & hidden vegetable sauce with spaghetti

CARBOHYDRATES & VEGETABLES

Pasta & garlic bread
Peas

DESSERT

Homemade Rice Pudding with fruit compote
Homemade cinnamon & sultana mini welshcakes

THURSDAY

MAIN MEAL

Roast Chicken Breast with Sage & Onion Stuffing balls & yorkshire pudding

Leek Broccoli & cauliflower Gratin

Vegan Cumberland sausage

CARBOHYDRATES & VEGETABLES

Roast potatoes & mashed Potatoes
Seasonal Vegetables & roasted pasnips

DESSERT

Jam & Coconut sponge pudding with custard
Chocolate chip cookie
Yogurts
Angel Delight
Fresh Fruit

FRIDAY

MAIN MEAL

Chicken & sweet potato Tikka curry or Chicken Korma with naan bread & Popadoms

Onion Bhaji & Vegetable Samosa with naan bread & popadoms

Sweet Potato ,Spinach ,cauliflower curry with naan bread & popadoms

CARBOHYDRATES & VEGETABLES

Half & half rice & chips
Mixed vegetables

DESSERT

Chocolate Crunch & Pink custard
Raspberry ripple Ice cream sponge roll
Yogurts
Angel Delight
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