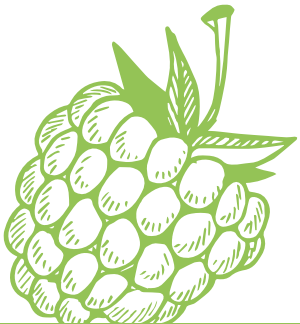


Lower School Lunch Menu

w/c 15 January 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Chicken tikka	BBQ minced pork	Lightly spiced chicken wraps	Roast pork loin & gravy	Breaded MSC fish fillet
MAIN COURSE TWO	Stuffed pepper	Gnocchi & tomato bake	Quorn fillets	Veggie sausages	Falafel burger
CRUDITIES	Freshly cut Seasonal crudities, cucumber, carrots, peppers	Freshly cut Seasonal crudities, cucumber, carrots, peppers	Freshly cut Seasonal crudities, cucumber, carrots, peppers	Freshly cut Seasonal crudities, cucumber, carrots, peppers	Freshly cut Seasonal crudities, cucumber, carrots, peppers
ON THE SIDE	Steamed rice Optional naan bread Cucumber salad	Jacket potato wedges Sweetcorn & green beans	Diced potatoes Roasted vegetables	Roast potatoes Carrots & cabbage	Chips or Potatoes Garden peas
PASTA & JACKET BAR	Italian tomato and herb sauce with pasta	Baked beans & cheddar cheese with jacket potatoes	Italian tomato and herb sauce with pasta	Baked beans & cheddar cheese with jacket potatoes	Italian tomato and herb sauce with pasta
SALAD BAR	Cucumber, tomato, mixed leaves and a selection of seasonal salads	Cucumber, tomato, mixed leaves and a selection of seasonal salads	Cucumber, tomato, mixed leaves and a selection of seasonal salads	Cucumber, tomato, mixed leaves and a selection of seasonal salads	Cucumber, tomato, mixed leaves and a selection of seasonal salads
FRESH FRUIT & DESSERT	Yoghurt bar with freshly cut fruit Fresh whole fruit selection	Sticky date pudding with honey Fresh whole fruit selection	Yoghurt bar with freshly cut fruit Fresh whole fruit selection	Rice crispy cake made with raisins Fresh whole fruit selection	Fruit jelly Yoghurt bar with freshly cut fruit Fresh whole fruit selection
HYDRATION STATION	Still water	Still water	Still water	Still water	Still water





Lower School Lunch Menu

w/c 22 January 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE ONE

Lasagna with garlic bread

Chicken casserole

Shepherd pie

Teriyaki chicken

Butchers sausages

MAIN COURSE TWO

Stuffed mushrooms

Veggie burrito

Macaroni cheese

Veggie quiche

Southern spiced Quorn fillet

CRUDITIES

Freshly cut Seasonal crudities, cucumber, carrots, peppers

Freshly cut Seasonal crudities, cucumber, carrots, peppers

Freshly cut Seasonal crudities, cucumber, carrots, peppers

Freshly cut Seasonal crudities, cucumber, carrots, peppers

Freshly cut Seasonal crudities, cucumber, carrots, peppers

ON THE SIDE

Roasted mid potatoes
Green beans & sweetcorn

Mashed potatoes
Broccoli & cauliflower

Diced potatoes
Vegetable medley
Mixed salad

Steamed rice
Veggie stir fry
Grated carrots

Oven chips
Garden peas & baked beans

PASTA & JACKETS BAR

Tomato & herb pasta

Baked beans & cheddar cheese
Jacket potatoes

Tomato & herb sauce
with pasta

Baked beans & cheddar cheese jacket potatoes

Tomato & herb sauce
with pasta

SALAD BAR

Cucumber, tomato, mixed leaves and a selection of seasonal salads

Cucumber, tomato, mixed leaves and a selection of seasonal salads

Cucumber, tomato, mixed leaves and a selection of seasonal salads

Cucumber, tomato, mixed leaves and a selection of seasonal salads

Cucumber, tomato, mixed leaves and a selection of seasonal salads

FRESH FRUIT & DESSERT BAR

Yoghurt bar with freshly cut fruit
Fresh whole fruit selection

Banana and honey muffin
Fresh whole fruit selection

Yoghurt bar with freshly cut fruit
Fresh whole fruit selection

Chocolate and wholemeal cake with chocolate sauce
Fresh whole fruit selection

Fruit jelly
Yoghurt bar with freshly cut fruit
Fresh whole fruit selection

HYDRATION STATION

Still water

Still water

Still water

Still water

Still water

