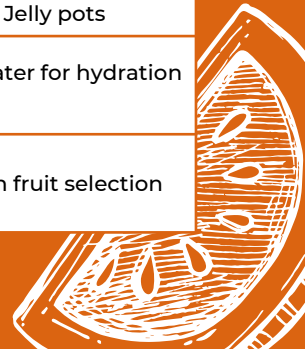
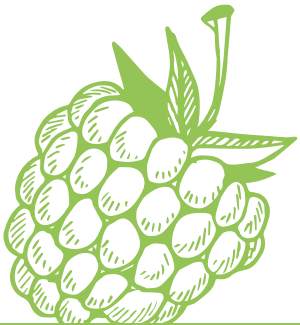


Lower School Lunch Menu

w/c 6 May 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Bank holiday	Minced beef bolognaise	Roast gammon loin with gravy	Chicken gyros with optional pitta bread & cucumber yogurt	MSC Breaded haddock with lemon
MAIN COURSE TWO		Spinach & ricotta tortellini	Cheese & tomato turnover	Vegetable moussaka	Stuffed roast pepper with rainbow vegetable rice
CRUDITIES		Seasonal crudities	Seasonal crudities	Seasonal crudities	Seasonal crudities
ON THE SIDE		Spaghetti Seasonal vegetables Sweetcorn	Roast potatoes Carrots & cabbage	Diced potatoes Sweetcorn & seasonal salad	Oven chips Garden peas & baked beans
PASTA & JACKET BAR		Baked beans & cheddar cheese with Jacket potatoes	Italian tomato & herb sauce with pasta	Baked beans & cheddar cheese with jacket potatoes	Italian tomato and herb sauce with pasta
DESSERT		Apple crumble & custard	Wholemeal lemon shortbread	Honey & oat biscuits	Natural yogurt with fruit & toppings Jelly pots
HYDRATION STATION		Still water for hydration	Still water for hydration	Still water for hydration	Still water for hydration
FRESH FRUIT		Fresh fruit selection & yogurt with toppings	Fresh fruit selection & Yogurt with toppings	Fresh fruit selection & Yogurt with toppings	Fresh fruit selection





Lower School Lunch Menu



w/c 13 May 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Chicken curry & optional naan bread	Minced beef lasagne with optional garlic bread	Spanish style chicken	Roast pork with apple sauce & gravy	Breaded chicken goujons
MAIN COURSE TWO	Sweet potato curry with naan	Gnocchi & tomato bake	Vegetable & Quorn stew	Cauliflower cheese with a parmesan top	Veggie sausage roll
CRUDITIES	Seasonal crudities	Seasonal crudities	Seasonal Crudities	Seasonal Crudities	Seasonal Crudities
ON THE SIDE	Steamed rice Cucumber salad & green beans	Jacket wedges Broccoli trees & peas	Diced potatoes Cauliflower & sweetcorn	Roast potatoes Carrots & greens	Oven chips Minty peas & coleslaw
PASTA & JACKETS BAR	Tomato & herb sauce with pasta	Baked beans & cheddar cheese with jacket potatoes	Tomato & herb sauce with pasta	Baked beans & cheddar cheese jacket potatoes	Tomato & herb sauce with pasta
DESSERT	Honey Oat flapjack	Wholemeal carrot muffin	Honey oat cookies	Greek yogurt & lemon poppy seed cake	Natural yogurt with fruit & toppings Jelly pots
HYDRATION STATION	Still water for hydration	Still water for hydration	Still water for hydration	Still water for hydration	Still water for hydration
FRESH FRUIT	Fresh fruit selection & Yogurt with toppings	Fresh fruit selection & Yogurt with toppings	Fresh fruit selection & Yogurt with toppings	Fresh fruit selection & Yogurt with toppings	Fresh fruit selection