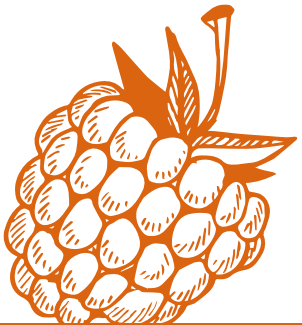


Lower School Lunch Menu

w/c 29 January 2024		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE		Chilli con carne	Hunters chicken	Sweet and sour pork balls	Roast chicken & gravy	Butchers sausages
MAIN COURSE TWO		Ratatouille	Veggie bake	Mushroom & chickpea curry	Sweet potato filo parcel	Quorn sausages
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 nachos Salsa & Cucumber salad	Diced potatoes Green beans & carrots	Egg noodles or rice Broccoli & sweetcorn	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	Beetroot brownie Fresh whole fruit selection	Yoghurt bar with freshly cut fruit Fresh whole fruit selection	Apple crumble & custard 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



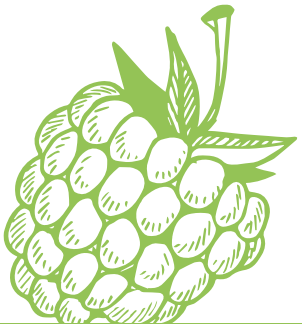


Lower School Lunch Menu

w/c 5 February 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Chicken tikka	BBQ minced pork	Holroyd Howe Hen Den 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 Rainbow coleslaw	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 12 February 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	Shrove Tuesday Pancakes with fruit toppings 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	