

Senior School Lunch Menu

All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.



w/c 6 May 2024

MONDAY

TUESDAY

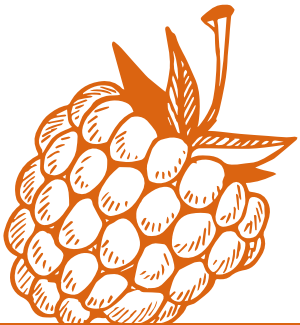
WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Bank holiday	Minced beef bolognaise	Roast gammon loin	Chicken gyros with optional pitta bread & tzaziki	Breaded MSC fish fillet with tartare sauce & lemon
MAIN COURSE TWO		Spinach & ricotta tortellini	Spinach & feta filo tart	Vegetable moussaka	Vegan chai nuggets with a sweet chilli dipping sauce
ON THE SIDE		Spaghetti Seasonal vegetables Sweetcorn	Double cooked wedges Steamed carrots & greens BBQ beans	Diced potatoes Seasonal salad, sweetcorn & baked tomatoes	Skin on fries Garden peas Baked beans
SNACK BAR, PASTA & JACKETS		Ham & cheese tortilla triangles	Pitta pockets	Traditional hot dog with crispy onions	Chicken Caesar salad Loaded potato skins
		Baked beans & cheddar cheese Jacket potato & pasta with sauces & toppings	Pasta with sauces & toppings	Baked beans & cheddar cheese Jacket potato & pasta with sauces & toppings	Pasta with sauces & toppings
DESSERT		Apple crumble & custard	Wholemeal lemon shortbread	Scrumble bar	Butterfly cakes
HYDRATION STATION		Still water	Still water	Still water	Still water
FRESH FRUIT		Fresh fruit selection Natural yogurt with toppings	Fresh fruit selection Natural yogurt with toppings	Fresh fruit selection Natural yogurt with toppings	Fresh fruit selection Natural yogurt with toppings



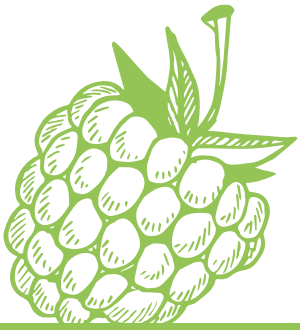


Senior School Lunch Menu

w/c 13 May 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Chicken Balti curry with optional naan bread	Minced beef broken lasagne or bolognaise with garlic bread	Spanish style chicken	Roast pork with apple sauce, Yorkshire puddings & gravy	Breaded chicken or griddled chicken with garlic butter
MAIN COURSE TWO	Vegetable laksa with noodles	Melanzane parmigiana	Louisiana vegetable gumbo	Roasted sweet potato, feta & sweetcorn bake	Spinach & ricotta turnover
ON THE SIDE	Steamed rice Bombay potatoes, mushroom bahji & spiced vegetables with spinach	Rosemary potatoes Vegetable mornay, courgettes & leeks British peas	Patas bravas Green beans, sweetcorn & seasonal salad	Roast potatoes Steamed carrots & seasonal greens	Skin on fries Tricolour coleslaw, broccoli & salt & pepper tomatoes
SNACK, PASTA & JACKET BAR	Bacon roll	Cheese & ham ciabatta	Wholegrain pizza bagel	Caprese tortilla calzone	Spaghetti hoops on toast
	Pasta with sauces & toppings	Jacket potato with cheddar cheese & baked beans Pasta with sauces & toppings	Pasta with sauces & toppings	Jacket potato with cheddar cheese & baked beans Pasta with sauces & toppings	Pasta with sauces & toppings
DESSERT	Honey oat flapjack	Wholemeal carrot muffin	Honey cookies	Greek yogurt & lemon poppy seed cake	Victoria sandwich
HYDRATION STATION	Still water	Still water	Still water	Still water	Still water
FRESH FRUIT	Fresh fruit selection Natural yogurt with toppings	Fresh fruit selection Natural yogurt with toppings	Fresh fruit selection Natural yogurt with toppings	Fresh fruit selection Natural yogurt with toppings	Fresh fruit selection Natural yogurt with toppings





Senior School Lunch Menu

w/c 20 May 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	BBQ pork & peppers	Tandoori chicken with mango chutney	Chilli con carne with tortilla chips, soured cream & grated cheese	Roast chicken with stuffing & gravy	Butchers style sausages
MAIN COURSE TWO	Cajun Quorn & bean burritos with salsa	Sweet potato & lentil curry	Vegetable spring rolls with a sweet chilli dipping sauce	% a day veggie tray bake with chickpeas	Veggie burger
ON THE SIDE	Steamed rice Seasonal greens Steamed carrots	Bombay potatoes Onion bahji Broccoli	Steamed rice Mexican sweetcorn & seasonal greens	Roast potatoes Carrots, cabbage & roasted parsnips	Skinny fries Seasonal salad, tomato salsa, sweetcorn rounds & baked beans
SNACK, PASTA & JACKETS BAR	BBQ beans on toast	BLT sandwich	Pizza pitta bread	Feta & tomato turnover	Chicken Caesar salad
	Pasta with sauces & toppings	Jacket potato with baked beans and grated cheese Pasta with sauces & toppings	Pasta with sauces & toppings	Jacket potato with baked beans & cheddar cheese Pasta with sauces & toppings	Pasta with sauces & toppings
DESSERT	Dairy free brownies	Wholemeal scones with fruit	Raspberry oat slice	Date & sultana pudding with custard	Salted caramel finger
HYDRATION STATION	Still water	Still water	Still water	Still water	Still water
FRESH FRUIT	Fresh fruit selection Natural yogurt with toppings	Fresh fruit selection Natural yogurt with toppings	Fresh fruit selection Natural yogurt with toppings	Fresh fruit selection Natural yogurt with toppings	Fresh fruit selection Natural yogurt with toppings