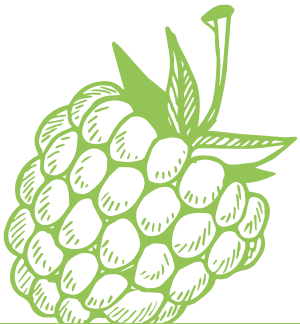


Senior School Lunch Menu

w/c 15 January 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Waste not want not soup of the day	Waste not want not soup of the day	Waste not want not soup of the day	Waste not want not soup of the day	Waste not want not soup of the day
MAIN COURSE ONE	Chicken tikka masala with naan & mint yogurt	BBQ minced pork	Cajun spiced chicken & chorizo wraps with Mexican sides	Roast loin of pork with apple sauce & a roast gravy	Breaded MSC haddock fillet with lemon wedges
MAIN COURSE TWO	Greek style stuffed peppers	Baked gnocchi & roasted pepper bake topped with mozzarella	Veggie tagine with lemon & herb cous cous	Quorn sausages in a red onion gravy	Falafel burger
ON THE SIDE	Steamed rice Tomato & onion Cucumber & mint salad Green beans	Jackets wedges Sweetcorn & green beans	Spiced potatoes Roasted vegetables Coriander coleslaw	Roast potatoes Carrots & broccoli	Skinny fries Garden peas & black pepper tomatoes
SNACK, PASTA & JACKET BAR	Pasta with sauce & toppings	Pasta with sauce & toppings Baked potatoes & beans	Pasta with sauce & toppings	Pasta with sauce & toppings Baked potatoes with beans	Pasta with sauce & toppings
	Bacon rolls	Rolled up wraps	Cheddar & ham ciabatta	Sweet potato & pepper empanadas with a tomato & onion salad	Stuffed cheese & gammon ham jacket skins
DESSERT	Chocolate brownie	Sticky toffee pudding	Shortbread section	Healthier sticky gingerbread	Chocolate tiffin
HYDRATION STATION	Still & flavoured water	Still & flavoured water	Still & flavoured water	Still & flavoured water	Still & flavoured water
FRESH FRUIT	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection





Senior School Lunch Menu

w/c 22 January 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP	Waste not want not soup of the day	Waste not want not soup of the day	Waste not want not soup of the day	Waste not want not soup of the day	Waste not want not soup of the day
MAIN COURSE ONE	Broken lasagna pasta bake with garlic bread	Chicken casserole	Minced lamb moussaka	Sticky chicken teriyaki & peppers	Butchers sausages
MAIN COURSE TWO	Rarebit & pepper mushrooms	Veggie burrito	Macaroni cheese	Butternut, sweetcorn & feta quiche	Southern spiced Quorn fillet
ON THE SIDE	Roasted mid potatoes Green beans & sweetcorn	Mashed potatoes Broccoli & cauliflower	Paprika potatoes Vegetable medley Mixed salad	Steamed rice Stir fried cabbage medley Honey roast carrots	Skinny fries Garden peas & baked beans
SNACK, PASTA & JACKETS BAR	Pasta with sauce & toppings	Pasta with sauce & toppings Baked potatoes & beans	Pasta with sauce & toppings	Pasta with sauce & toppings Baked potatoes with beans	Past with sauce & toppings
	Cheddar & onion tortilla triangles	Ham & cheese toasty	Pizza muffin	Cheddar & onion pasties	BB beans on toast
DESSERT	Golden oat flapjack	Chocolate pudding with chocolate sauce	Lemon & lime drizzle	Golden oat cookies	Banana muffins
HYDRATION STATION	Still & flavoured water	Still & flavoured water	Still & flavoured water	Still & flavoured water	Still & flavoured water
FRESH FRUIT	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection

