

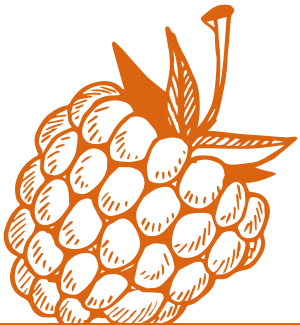
Senior School Lunch Menu

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



W/C 29 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	Chilli con carne	Hunters chicken	Sweet & sour pork meatballs	Roast chicken, stuffing & roast gravy	Homemade sausage roll Or Butchers sausages
MAIN COURSE TWO	Ratatouille bake	Tex Mex 5 a day veggie feast	Mushroom & chick pea Balti	Spanakopita parcels	Spinach, squash & feta lasagna
ON THE SIDE	Mexican rice Mexican sides Peas & courgettes	Smokey potatoes Beans with roasted onions Sweetcorn	Seamed rice or noodles Garlic infused broccoli & vegetable stir fry	Roast potatoes Carrots Steamed leeks & cabbage	French fries, baked beans, steamed garden peas & mixed salad
SNACK BAR, PASTA & JACKETS	Pizza whirls	Salami & cheddar ciabatta	Stuffed pitta breads	Quesadillas	Chicken Caesar salad with garlic croutons
	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
DESSERT	Apple crumble & custard	Iced raspberry cupcakes	Popcorn cookies	Carrot cake	Apple & cinnamon whirls
ON THE SIDE	Fresh fruit & low fat yogurt with toppings	Fresh fruit & low fat yogurt with toppings	Fresh fruit & low fat yogurt with toppings	Fresh fruit & low fat yogurt with toppings	Fresh fruit & low fat yogurt with toppings
HYDRATION	Still Water	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection





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 5 February 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 paper 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

