



Lower School Lunch Menu- W/C 7 February 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Penne pasta with homemade Provençal sauce	Tex mex chilli con carne	Cumberland sausage in a roll	Goujons of chicken	Haddock fish squares
Vegetarian option	Penne pasta with homemade Provençal sauce	Tex mex vegetarian chilli	Vegetarian sausages in a roll	Vegetarian fingers	Crustless Spanish quiche
Side dishes	Crudité of carrot and cucumber Grated cheddar cheese	Steamed rice Tortilla chips Sweetcorn salad	Mixed salad of cucumber, sweetcorn and carrots Grated cheddar cheese	Mini rosti potatoes Baked beans Crudité of carrot and cucumber	Sautéed potatoes French beans Diced tomato salad
Alternative Option	Homemade soup and/or crusty rolls with various fillings	Homemade soup and/or pasta salad	Homemade soup and/or mushroom risotto	Homemade soup and/or honey mustard sausage rolls	Homemade soup and/or Mary Rose chicken salad
And to finish...	Strawberry yoghurt Selection of fresh fruit	Selection of fresh fruit	Raspberry jelly Selection of fresh fruit	Homemade rice pudding with jam Selection of fresh fruit	Orange cake with frosting Selection of fresh fruit
<p>Every day... We serve chopped pieces of fresh fruit, and water is provided throughout the meal. If children request a second helping, it is available!</p>					



Lower School Lunch Menu- W/C 24 January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Lamb moussaka	Cumberland sausages	Beef burgers	Mexican chicken and chorizo fajitas	Cod fish fingers
Vegetarian option	Vegetarian moussaka	Vegetarian sausages	Vegetarian burgers	Mexican Quorn and vegetable fajitas	Pea, mint, and potato frittata
Side dishes	Garlic bread Mixed salad of carrot, cucumber, and sweetcorn	Potato wedges Peas Broccoli and gravy	Bread rolls Grated cheddar cheese Mixed salad of cucumber, carrots, and sweetcorn	Coloured pepper sticks Mixed salad	Chips Peas Diced tomato salad
Alternative Option	Homemade soup and/or crusty rolls with a selection of fillings	Homemade soup and/or shepherd's pie	Homemade soup and/or homemade sausages rolls	Homemade soup and/or homemade beef croquettes	Homemade soup and/ or aromatic feta couscous
And to finish...	Strawberry Yoghurt	Fresh fruit	Poached peaches and custard	Dried sultanas, banana chips, pineapple pieces and apricots	Arctic roll
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Lower School Lunch Menu- W/C 31 January 2022



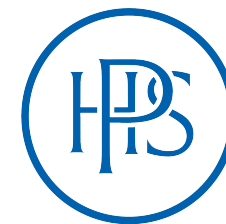
	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Homemade beef Bolognese	Katsu chicken curry	Margherita pizza	Jacket potatoes with a variety of fillings	Homemade tomato soup Filled crusty rolls
Vegetarian option	Homemade ratatouille	Katsu vegetable curry	Margherita pizza	Jacket potatoes with a variety of fillings	Homemade tomato soup Filled crusty rolls
Side dishes	Crudité's of carrot and cucumber Grated cheddar cheese	Steamed rice Sweetcorn salad	Mixed salad of cucumber and carrots	Mixed salad of cucumber, carrot and sweetcorn Baked beans	Crudité's of carrot, cucumber and red pepper
Alternative Option	Homemade soup of the day and/or tricolore mozzarella salad	Homemade soup and/or beef lasagne	Homemade soup and/or homemade devilled eggs	Homemade soup and/or pea and ham risotto	Homemade soup and/or chicken Caesar salad
And to finish...	Raspberry yoghurt Selection of fresh fruit	Selection of fresh fruit	Homemade rocky road Selection of fresh fruit	Dried sultanas, banana chips, pineapple pieces and apricots Fresh fruit	Italian biscuits with Chantilly cream Selection of fresh fruit
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Upper School Lunch Menu- W/C 7 February 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Fusilli pasta with homemade pesto sauce	Steak and gravy puff pie	Sweet and sour chicken	Meatball sub with arrabiata sauce	Haddock fish cakes
Vegetarian option	Fusilli pasta with homemade pesto sauce	Cheesy vegetable puff pie	Sweet and sour stir-fried vegetables	Meat-free meatball sub with arrabiata sauce	Crispy vegetable fingers
Side dishes	Homemade garlic bread Mixed salad	Creamed mashed potatoes Honey-glazed carrots Savoy cabbage	Egg noodles Vegetable dumplings Stir-fried broccoli	Seasoned potato wedges Apple slaw	Lemon-buttered new potatoes Green beans Petit pois
Alternative Option	Homemade soup of the day and/or fresh baguettes with a selection of fillings	Pasta salad with garlic pizza bread	Homemade sausage rolls and/or cheese and onion pasty	Chicken noodle soup	Tomato and roasted red pepper pasta bake
And to finish...	Strawberry frozen yoghurt Selection of fresh fruit	Lemon and poppyseed loaf with a blueberry sauce	Banoffee pie Selection of fresh fruit	Melon and pineapple platter	Mango and banana smoothie Selection of fresh fruit
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Upper School Lunch Menu- W/C 24 January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Jacket Potatoes served with a selection of fillings	Sticky honey chicken	Penne pasta with tomato and mascarpone sauce	Beef chilli con carne	Cumberland sausages
Vegetarian option	Jacket Potatoes served with a selection of fillings	Honey roasted vegetable tart	Penne pasta with tomato and mascarpone sauce	Quorn mince chilli	Vegetarian sausages
Side dishes	Cauliflower and broccoli cheese Mixed salad Coleslaw	Rice and peas Roasted vegetable cous cous	Homemade garlic bread Mixed salad Grated cheese	Steamed rice Taco shells Tomato and cucumber salad	Potato rosti Petit pois Baked beans
Alternative Option	Homemade soup of the day and/or baguettes with various fillings	Loaded potato skins with cheese, crispy bacon, and sour cream	Homemade soup and/ or baguettes with a choice of fillings	Tuna and sweetcorn pasta salad and/or pizza baguette	Home-made Cornish pasties
And to finish...	Peaches and cream	Fruit jelly pots	Selection of fresh fruit	Fruit yoghurt Selection of fresh fruit	Oat and raisin cookie Selection of fresh fruit
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Upper School Lunch Menu- W/C 31 January 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Beef Bolognese spaghetti	Chicken katsu curry	Maple roasted gammon	Margarita pizza	Salmon and pea risotto
Vegetarian option	Quorn mince Bolognese spaghetti	Sweey potato katsu curry	Maple roasted parsnip and butternut squash loaf	Margarita pizza	Butternut squash risotto
Side dishes	Homemade garlic bread Feta and olive salad	Sticky rice Pickled cabbage slaw Steamed carrots	Roast potatoes Carrots Petit pois	Tomato, olive and mozerella salad Carrot and cucumber sticks	Mixed leaf salad Buttered corn on the cob
Alternative Option	Fresh filled baguettes with a selection of fillings	Jacket potatoes served with baked beans	Coronation chicken pittas with salad	Pea and ham soup with crusty bread rolls	Cod fish fingers served with oven chips
And to finish...	Fruit Yoghurts Selection of fresh fruit	Fruit jelly pots Selection of fresh fruit	Raspberry and chocolate brownies	Dried fruit pots Selection of fresh fruit	Carrot cake with cream cheese frosting Selection of fresh fruit
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