

Junior School Lunch Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread
MAIN MEAL	Mac & Cheese	Madras Chicken Curry 	Roast Pork Loin	Lamb Kofta H 	Fish Fingers
MAIN MEAL	Pumkin Risotto 	Madras Spinach Paneer Curry	Chicken H or Roasted Feta Pumpkin 	Chickpea Falafel 	Halloumi
SIDE	Med Roasted Veg Hispi Cabbage Garlic Bread Basil Pesto	Pilau Rice Onion Bhaji (GF) Cauliflower , Green Beans Raita	Roasted Potatoes Braised Cabbage Carrots Yorkshire Pudding Gravy & Apple Sauce	New Potatoes Pickle Cabbage Curly Kale Tzatziki Cous cous Salad	French Fries Sweetcorn, Garden Peas, Ketchup Tartar Sauce
PASTA BAR	Baked Beans Cheese	Baked Beans Cheese	Baked Beans Cheese Tomato Sauce	Baked Beans Cheese	Baked Beans Cheese
DESSERTS	Vanilla & Poppy Seed Cake, Strawberry Sauce	Coconut Rice Pudding with Blueberries	Apple & Berries Crumble, Vanilla Custard	Apricot Cake with Cream	Carrot Cake & Sweet Potato Frosting

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread
MAIN MEAL	Jacket Potato Day	Chicken Stroganoff 	BBQ Pulled Pork	Beef Lasagne H 	Brunch Bacon ,Sausages
MAIN MEAL	Vegetarian Frittata	Chesnutt Mushroom Stroganoff	BBQ Jackfruit 	Farfalle Pasta Tomato Feta, Spinach	Potato Rosti & Poached Egg
SIDE	Selection of Sauces Mushroom Sauce, Cheese Sauce, Spinach, Sweet Potato Chickpeas Sauce Tuna & Sweetcorn	Braised Rice Petit Pois Roasted Carrots Soured Cream	Coleslaw Potato Wedges Green Beans	Broccoli Parsnips Sweetcorn	Scrambled Eggs Mushrooms Roasted Tomatoes Hash Browns
PASTA BAR	Baked Beans Grated Cheese	Grated Cheese Tomato Sauce	Baked Beans Grated Cheese Tomato Sauce	Baked Beans Grated Cheese	Baked Beans Grated Cheese
DESSERTS	Apple Pie Vanilla & Cinnamon Sauce	Lemon & Lavender Sponge Chantilly	Banana & Gingerbread	Chocolate & Caramel Cake	Scones with Jam & Cream

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread	Soup of the Day Toasted Seeds Crispy Onions Croutons , Bread
MAIN MEAL	Cheddar, chestnut Spinach Pie	Meat Balls in Tomato Sauce	Roast Chicken H 	Not to Much Chili con Carne 	Fish Fingers
MAIN MEAL	Borlotti Beans in Mediterranean Stew	Vegetarian Balls in Tomato sauce 	Stuffed Courgette Ricotta & Olives	Mix Beans & Sweet Potato Little Chili 	Halloumi
SIDE	Steamed Rice Green Beans Cauliflower	Spaghetti Garden Peas Steamed Carrots Rosemary Focaccia	Roasted Potatoes Savoy Cabbage Celeriac Yorkshire Pudding Gravy	Braised Rice Tomato Salsa Corncob Tortilla chips Soured Cream	French Fries Sweetcorn Garden Peas Ketchup Tartar Sauce
PASTA/JACKET BAR	Baked Beans Grated Cheese	Baked Beans Grated Cheese	Baked Beans Cheese Tomato Sauce	Baked Beans Cheese	Baked Beans Cheese
DESSERTS	Boost Citrus Drizzle	Dorset Apple Cake, Custard	Lattice Pear & Cocoa Sauce	Superseedy Flapjack	Chocolate Brownie