

LUNCH MENU WEEK 2 – LENT TERM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	BRUNCH
Fresh Bread	Freshly baked home-made breads	Freshly baked home-made breads	Freshly baked home-made breads	Freshly baked home-made breads	Freshly baked home-made breads	Freshly baked home-made breads	A selection of Breads, Danish, Muffins
Main	Chicken Korma served with Rice Naan Bread Mango Chutney Tomato Salad & Raita Plain Grilled Chops	Bolognese served with Spaghetti Garlic Bread Plain Turkey Escalope	Smoked BBQ Chicken Legs Served with Yellow Rice Plain Chicken Breast	Cottage Pie with Carrot & Onion Grilled Turkey Escalope	Freshly Battered Fish served with Tartar sauce, Lemon wedges Steamed Fish with Tomato, Red Pepper sauce & Black Olives	Beef Lasagne Garlic Bread Parmegiano Cheese	Grilled Bacon Plum Tomato
Vegetarian	Thai Red Sweet Potato, Butter Bean and Pepper Curry	Ricotta Cheese Tortellini in a Mushroom sauce	Beetroot Falafel served with Lemon Yoghurt Chefs special Salad Lemon humus	Mediterranean Tarts, Roasted Peppers & Balsamic dressing	Aubergine and Chickpea Moussaka	Tomato sauce, Black Olives, Cherry Tomatoes with Penne Pasta	Scrambled Eggs Portobello Mushrooms Hash Browns
Snack	Sausages served with Mashed Potato & Rosemary Gravy	Oven roasted Mackerel Filets served with Beetroot and Green Beans	Bacon Carbonara Pasta Bake	Chicken Fajitas served with Wraps and Steamed Rice	Beef Burgers Turkey Burgers	Caprese with Basil dressing	Baked Beans
Potatoes and Rice	Rice Mashed Potatoes	Rice Steamed New Potatoes	Chef special Rice Roasted New Potatoes	Rice Mashed Potatoes	Rice Chipped Potatoes	Rosemary Roasted New Potatoes	Scrambled Egg served with Mackerel on Muffin
Vegetables	Roasted Carrots	Steamed Mix vegetables	Green Beans and Caramelized Red Onion	Steamed Baton carrots	Garden Peas	Roasted Red Peppers and Red Onion	Ham and Cheese Toasties
Vegetables	Cabbage	Roasted Aubergine and Courgettes	Sweetcorn	Steamed Green vegetables	Thyme Roasted Tomatoes		
Jacket Potato Bar	Jacket Potato Baked Beans Grated Cheddar, Tuna Mayo	Jacket Potato Baked Beans Grated Cheddar, Tuna Mayo	Jacket Potato Baked Beans Grated Cheddar, Tuna Mayo	Jacket Potato Baked Beans Grated Cheddar, Tuna Mayo	Jacket Potato Baked Beans Grated Cheddar, Tuna Mayo		Baked Beans
Pasta Bar	Durum wheat Pasta Neapolitan sauce Lamb and Spinach Pistou Parmesan Cheese	Durum wheat Pasta Neapolitan sauce Gammon & Mushroom Carbonara Pistou, Parmesan Cheese	Durum wheat Pasta Neapolitan sauce Beef Bolognese Pistou Parmesan Cheese	Durum wheat Pasta Neapolitan sauce Spicy Beef Arrabiata Pistou Parmesan Cheese	Durum wheat Pasta Neapolitan sauce Chicken and Roasted Vegetables Pistou Parmesan Cheese,		
Hot & cold Dessert	Chocolate Sponge and Chocolate Custard Selection of fresh cut Fruit	Apple Crumble and Custard Selection of fresh cut Fruit	Pear and Vanilla Sponge with Custard Selection of fresh cut Fruit	Mix fruit Crumble With Custard Selection of fresh cut Fruit	Fruit Salad Selection of fresh cut Fruit	Lemon Drizzle Cake	Selection of small Pastries
Cold Counter	Flavoured Yoghurt Jellies	Flavoured Yoghurt Jellies	Flavoured Yoghurt Jellies	Flavoured Yoghurt Jellies	Flavoured Yoghurt Jellies	Flavoured Yoghurt Fresh Fruit	Flavoured Yoghurt Fresh Fruit