

WEEKLY MENU

Years 3-8 Week commencing 11th February

Monday

Pumpkin & sweet potato soup

Dish of the day

Quorn chili con carne

Vegetarian option

Mexican bean pot

Jacket Potato

Chickpea cassoulet

Sides

Homemade breads

Braised vegetable rice

Steamed greens, citrus cauliflower

Freshly made sandwiches

Raw & composite salads

Mixed leaves, tomato, cucumber, grated carrot, spring onions, coleslaw, raw beets, red cabbage, shredded kale, couscous, quinoa & spicy chickpeas

Panzanella

Chili garlic broccoli

Thai noodle salad

Dessert

Selection of fresh fruits & yogurt selection

Drinks

Fresh milk, hydration station with flavored and plain waters

Tuesday

Tuscan bean soup

Dish of the day

Cottage pie
Creamy mash topping

Vegetarian option

Potato & roasted spinach frittata

Jacket Potato

Boston BBQ beans

Sides

Homemade breads

Mashed potato, glazed carrots,

Garden peas

Freshly made sandwiches

Raw & composite salads

Mixed leaves, tomato, cucumber, grated carrot, spring onions, coleslaw, raw beets, red cabbage, shredded kale, couscous, quinoa & spicy chickpeas

American coleslaw

Tomato olive feta

Spring tabbouleh

Dessert

Selection of fresh fruits & yogurt selection

Drinks

Fresh milk, hydration station with flavored and plain waters

Wednesday

White bean and kale soup

Dish of the day

Lemon thyme chicken

Vegetarian option

Quorn & vegetable lasagne

Jacket Potato

Mushroom carbonara

Sides

Homemade breads

Herb roast potatoes,

Roast squash, green beans

Freshly made sandwiches

Raw & composite salads

Mixed leaves, tomato, cucumber, grated carrot, spring onions, coleslaw, raw beets, red cabbage, shredded kale, couscous, quinoa & spicy chickpeas

Puy lentil and tomato

Italian pasta salad

Minted broad bean and pea

Dessert

Mixed jelly pots

Drinks

Fresh milk, hydration station with flavored and plain waters

Thursday

Mixed vegetable soup

Dish of the day

West Indian lamb curry

Vegetarian option

Jerk black bean stew

Jacket Potato

Paprika pork

Sides

Homemade breads

Rice & peas, green beans

Cumin cauliflower

Freshly made sandwiches

Raw & composite salads

Mixed leaves, tomato, cucumber, grated carrot, spring onions, coleslaw, raw beets, red cabbage, shredded kale, couscous, quinoa & spicy chickpeas

Cauliflower couscous & cranberry

Spicy mixed bean

Giant pomegranate couscous

Dessert

Selection of fresh fruits & yogurt selection

Drinks

Fresh milk, hydration station with flavored and plain waters

Friday

Spinach and coconut soup

Fish bar

Breaded fish fillets
Grilled fish, salsa verde

Vegetarian option

Aubergine parmigiana

Jacket Potato

Spicy bean chili

Sides

Chips

Ratatouille

Mangetout and peas

Freshly made sandwiches

Raw & composite salads

Mixed leaves, tomato, cucumber, grated carrot, spring onions, coleslaw, raw beets, red cabbage, shredded kale, couscous, quinoa & spicy chickpeas

Gazpacho rice salad

Ribbon vegetable

Naked slaw

Dessert

Selection of fresh fruits & yogurt selection

Drinks

Fresh milk, hydration station with flavored and plain waters