

WEEKLY MENU

Years 3-8 Week commencing 18th March

Monday

Spring vegetable broth

Penne pasta bar
Beef bolognese
Smoked bacon carbonara

Vegetarian option
Roast garlic & olive marinara

Jacket Potato
Creamy mushroom and leek

Sides

Homemade breads
Green beans
Roast Mediterranean vegetables

Freshly made sandwiches

Raw & composite salads
Mixed leaves, tomato, cucumber,
grated carrot, spring onions,
coleslaw, beetroot, red cabbage,
shredded kale, couscous, quinoa
& spicy chickpeas

Tomato, bocconcini & basil
Lentil & sweet potato
Beetroot, fennel & orange

Dessert

Selection of fresh fruits
& yogurt selection

Drinks

Fresh milk, hydration station with
flavored and plain waters

Tuesday

Spinach, leek and potato soup

Dish of the day
Turkey katsu curry

Vegetarian option
Aubergine & tofu katsu

Jacket Potato
Smokey beans

Sides

Homemade breads
Fragrant rice, Asian greens
Gingerly carrot

Freshly made sandwiches

Raw & composite salads
Mixed leaves, tomato, cucumber,
grated carrot, spring onions,
coleslaw, beetroot, red cabbage,
shredded kale, couscous, quinoa
& spicy chickpeas

Chicken Caesar
Sweet potato and shredded kale
Watermelon, mint & feta

Dessert

Selection of fresh fruits
& yogurt selection

Drinks

Fresh milk, hydration station with
flavored and plain waters

Wednesday

Spiced lentil & coriander soup

Dish of the day
Roast honey & soy pork

Vegetarian option
Quorn fillet, pumpkin seed &
roasted squash

Jacket Potato
Sweet & sour chicken

Sides

Homemade breads
Herb roasted potato
Roast carrots, parsnips, broccoli

Freshly made sandwiches

Raw & composite salads
Mixed leaves, tomato, cucumber,
grated carrot, spring onions,
coleslaw, beetroot, red cabbage,
shredded kale, couscous, quinoa
& spicy chickpeas

Fennel, caper & onion
Mixed bean & chili
Pesto roasted vegetables

Dessert

Rhubarb & custard crunch

Drinks

Fresh milk, hydration station with
flavored and plain waters

Thursday

Roasted root vegetable soup

Dish of the day
Butchers choice sausages
Glazed red onions

Vegetarian option
Quorn sausages

Jacket Potato
Courgette Provencal

Sides

Homemade breads
Creamy chive mash
Roasted pumpkin, green beans

Freshly made sandwiches

Raw & composite salads
Mixed leaves, tomato, cucumber,
grated carrot, spring onions,
coleslaw, beetroot, red cabbage,
shredded kale, couscous, quinoa
& spicy chickpeas

Pearl barley, apricot & confit onion
Chili chickpea
Tuna niçoise

Dessert

Selection of fresh fruits
& yogurt selection

Drinks

Fresh milk, hydration station with
flavored and plain waters

Friday

Tomato and basil soup

Dish of the day
Battered catch of the day or
Grilled haddock, roasted vegetables

Vegetarian option
Mozzarella stuffed rice balls

Jacket Potato
Spicy sausage & tomato

Sides

Homemade breads
Chunky chips, minted peas
Lemon scented slaw

Freshly made sandwiches

Raw & composite salads
Mixed leaves, tomato, cucumber,
grated carrot, spring onions,
coleslaw, beetroot, red cabbage,
shredded kale, couscous, quinoa
& spicy chickpeas

Chorizo & red pepper rice
Roast onion, tomato & parmesan
Potato, egg & watercress

Dessert

Selection of fresh fruits
& yogurt selection

Drinks

Fresh milk, hydration station with
flavored and plain waters