

# Lunch

WEEK COMMENCING 3 <sup>rd</sup> March & 25 <sup>th</sup> March	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Sweet Potato and Coconut	Minestrone	Corn Chowder	Spiced Lentil & Carrot	Pea Broccoli & Watercress
Junior Main meal	Penne Pasta Beef & Lentil Bolognese	Blackened Chicken	Sticky BBQ Pork, Pak Choi	Lemon & Butter Chicken	Beef Burger & Grilled Chicken
Senior Main Meal	Penne Pasta Beef & Lentil Bolognese	Jamaican Jerk Chicken	Sticky BBQ Pork, Pak Choi	Lemon and Butter Chicken	Beef Burger & Grilled Chicken
Jacket Potato and Pasta Bar	Chow Bar Chicken Chow Mein or Mushroom Chow Mein	Tomato Sauce, Creamy Mushroom Sauce, Basil Pesto, Baked Beans & Tuna Mayo	Tomato Sauce, Hickory BBQ Butter Beans, Basil Pesto, Baked Beans & Cheddar Cheese	Tomato Sauce, Beef Bolognese, Basil Pesto, Baked Beans & Cheddar Cheese	Tomato Sauce, Puttanesca , Basil Pesto, Baked Beans & Cheddar
Sides	Focaccia Garlic Bread, Garden Peas, Buttered Carrots	Coconut & Lime Rice & Beans, Mixed Vegetables Hot & Sweet dressing, Corn Pineapple & Red Cabbage Slaw	Soy and Chilli Noodles, Steamed Ginger Carrots, Roasted Courgette & Peppers, Prawn Crackers	Cardamon Infused Rice, Flashed Greens, Naan Bread, Mango Chutney, Mint Raita, Curried Sweetcorn	Chunky Chip, Garden Peas, Chipotle Beans, Cajun Slaw Floured Baps
Veggie Meal	Creamy Pea, Quorn & Lentil	Pulled Jackfruit, Sweet Potato, Curried Black bean	Coconut, Ginger and Chilli Oumph Stir Fry	Paneer & Potato Curry	Mixed Bean Burger
Vegan Meal	Roasted Sweet Potato and Chickpea Pasta with Napolitana Sauce	Pulled Jackfruit, Sweet Potato, Curried Black bean	Coconut, Ginger and Chilli Oumph Stir Fry	Chickpea & Potato Curry	Aromatic Garden Burger
Dessert of the Day	Butterscotch Sponge	Chocolate and Seeds Flapjack	Lemon Scented Sticky Rice Pudding with Fruit Compote	Rhubarb & Apple Cobbler	Banoffee Pie
Dessert Pots	Choco Pots: Brownie Bites, Salted Caramel, Chantilly Cream, Popcorn & Yoghurt Pots	Duo Jelly with Fresh Fruit & Yoghurt Pots	Lemon and Lime Cheesecake Pots with Ginger Biscuit Base & Yoghurt Pots	Oaty Pots: Flapjack Bites, Berry Compote, Marshmallows & Yoghurt Pots	Seasonal Fruit Trifle & Yoghurt Pots
Get Fresh	Watermelon & Pineapple	Cucumber & Hummus	Watermelon & C...	Tomato & Mozzarella Dip	Watermelon and Orange

# Lunch

Week Commencing 11 <sup>th</sup> March	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Sweet Potato, Chilli & Coconut	Roasted Tomato & Garlic	Leek & Potato	Honey Roast Parsnip	Broccoli & Kale
Junior Main meal	Butchers Sausages	Mild Chicken Curry	Mac & Cheese Bar, Pulled Chipotle Beef, Crispy Chickpea & Spinach, Chopped Bacon	Roast Chicken Thigh, Rich Gravy Or Chimichurri	Crispy Cod Fillet
Senior Main Meal	Butchers Choice Cumberland Sausages, Crispy Onion	Fragrant Burmese Chicken Curry	Mac & Cheese Bar, Pulled Chipotle Beef, Crispy Chickpea & Spinach, Chopped Bacon	Roast Chicken Thigh, Rich Gravy Or Chimichurri	Sustainable White Fish, Crispy Bread Crumb, Grilled Fish Chermoula
Jacket Potato and Pasta Bar	Tomato Sauce, Creamy Kale & Butter Bean Sauce, Basil Pesto, Baked Beans & Cheddar Cheese	Tomato Sauce, Cheesy Mushroom & Leek, Basil Pesto, Baked Beans & Tuna Mayo	Tomato Sauce, Arrabbiata Sauce, Basil Pesto, Baked Beans & Cheddar Cheese	Tomato Sauce, Bolognese Sauce, Basil Pesto, Baked Beans & Tuna Mayo	Tomato Sauce, Mustard Chicken & Spinach, Basil Pesto, Baked Beans & Cheddar Cheese
Sides	Creamy Mashed Potato, Steamed Mixed Green Vegetables, Roasted Roots	Braised Basmati Rice, Cumin Seed Carrots, Golden Cauliflower & roasted peppers Onion, Potato & Pea Bhajis Poppadum, Chutneys	Garlic & herb Crumb, Tomato & Avocado Salsa. Garlic Focaccia, Green beans Steamed vegetables	Firecracker Spiced Potato Wedges Glazed Roots, Peas & Sweet corn	Thick Cut Chips, Garden Peas, Mushy Peas and a Curry Sauce, Tartare Sauce, Lemon wedges
Veggie Meal	Herby Tomato Quorn Sausages	Mega Mushroom, Lentil & Chickpea Curry	Butternut Squash, Chickpea & Broad Bean Stew	Sweet Potato, Feta Pesto Bean, Puff Pastry Galette	Potato, Chickpea & Spinach Boxy
Vegan Meal	Herby Tomato Quorn Sausage	Mega Mushroom, Lentil & Chickpea Curry	Butternut Squash, Chickpea & Broad Bean Stew	Sweet Potato, Vegan Feta Pesto Bean, Puff Pastry Galette	Potato, Chickpea & Spinach Boxy
Dessert of the Day	Lemon Drizzle Cake Raspberry Cream	Zesty Apple & Berry Oaty Crumble. Vanilla Custard	Chocolate Marble Cake	Ginger & Lemon Shortbread	Trevor's Tasty Chocolate Brownie
Dessert Pots	Cherry Fruit Fool, Mixed Jelly Pots & Greek Yoghurt	Fruit Salad Pots, Mixed Jelly Pots, Greek Yoghurt Pots	Salted Caramel Cake Pot, Fruit Jelly & Yoghurt Pots	Tiramisu pots, Mixed Jelly & Yoghurt Selection	Peach & Raspberry Cranachan
Cut Fruit	Watermelon and Pineapple	Cantraloupe and Honeydew	Watermelon and Grape	Pineapple Kiwi and Grape	Watermelon and Orange

# Lunch

Week Commencing 18 <sup>th</sup> March	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Mushroom & Spinach	Mulligatawny	Tuscan Bean	Roasted Red Pepper & Tomato Mulligatawny	Asian Noodle Broth
Junior Main meal	Mild Beef Chilli Con Carne	BBQ Chicken	Roast Pork Loin, Crackling Rich Gravy	Chicken Katsu Curry	Baked Fish Fingers
Senior Main Meal	Beef Chilli Con Carne	Peri Peri Chicken	Roast Pork Loin, Crackling Rich Gravy	Chicken Katsu Curry	Sustainable Battered Cod or Oven Baked Cod with Gremolata
Jacket Potato and Pasta Bar	Tomato Sauce, Chicken Curry, Basil Pesto, Baked Beans & Cheddar Cheese	Tomato Sauce, Romesco, Basil Pesto, Baked Beans & Tuna Mayo	Tomato Sauce, Carbonara Sauce, Basil Pesto, Baked Beans & Cheddar Cheese	Tomato Sauce, Creamed Kale & Broccoli Sauce, Basil Pesto, Baked Beans & Tuna Mayo	Tomato Sauce, Fajita Chicken, Basil Pesto, Baked Beans & Cheddar Cheese
Sides	Mexican Rice, Guacamole, Sour Cream, Tortilla Chips, Fajita Spiced Sweetcorn & Green Beans	Spiced Potato Wedges, Sauteed Spring Greens, Paprika Slaw, Pineapple Salsa	Garlic & Herb Roast Potatoes Honey Roasted Carrots & Parsnips, Braised Red Cabbage & Apple, Apple Sauce	Fragrant Rice Edamame bean, Peas & Broccoli, Flash Fried Greens & Bean Spouts	Smoky Garlic Fries, Fresh Peas, Mushy Peas, Curry Sauce, Pickled Onions, Chunky Tartare Sauce
Veggie Meal	Butternut & 5 Bean Chimichanga	Peri Peri Cauliflower Steak	Root Vegetable & quinoa Wellington	Tofu, Aubergine & Pickled Vegetable Vegatsu	Sweet Potato & Corn Fritter Cauliflower Wings, Mint Yoghurt Dip
Vegan Meal	Butternut & 5 Bean Chimichanga	Peri Peri Cauliflower Steak	Root Vegetable & Quinoa Wellington	Tofu, Aubergine & Pickled Vegetable Vegatsu	Sweet Potato & Corn Fritter Cauliflower Wings,
Dessert of the Day	Syrup Sponge Pudding	Build Your Own Eton Mess	Peach & Pear Crumble Honey Custard	Sticky Toffee Pudding Toffee Sauce	Self Saucing Chocolate Pudding
Dessert Pots	Chocolate Oreo Pot, Fruit Jellies & Yogurt Pots	Greek Yoghurt & Watermelon with Honey Syrup, Greek Rice Pudding, Jelly Pots	Banana Custard & Popcorn Sundae, Fruit Jellies & Yoghurt Pots	Fruit Salad Pot, Fruit Jellies & Apple Crumble Pots	Strawberry Mousse Pot, Fruit Jellies & Yoghurt Pots
Cut Fruit	Watermelon and Pineapple	Cantaloupe and Honey dew	Watermelon and Grape	Pineapple, Kiwi and Grape	Watermelon & Orange Wedges