

Senior School lunch menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Plant-based Soup	Selection of breads, toppings and accompaniments				
	Spring vegetable	Minestrone	Classic tomato	Thai green soup	Cream of vegetable
Plant-based / vegetarian	Vegetable korma with toasted coconut	Vegetable and butternut squash ragu with garlic bread	Sausage Bar with mash Plant-based sausage with roasted onions	Chinese Theme Day Vegetable stir fry with broccoli	Beetroot and courgette vegetable burgers with slaw
Main Meal	Chicken Tikka Masala topped with spinach	Classic beef bolognese with garlic bread	Halal chicken sausages or Pork cumberland rings	Chicken char siu	Breaded haddock with lemon and tartare sauce
Snack Bar	Cheese and tomato panini	Italian chicken risotto	Goats cheese and red onion tart tatin	Chinese pork chow mein with coriander	Loaded pulled pork with slaw in a toasted bap
On the side	Turmeric rice Charred lemons Peas and courgettes	Pesto pasta with basil oil and steamed greens and carrots	Creamy mashed potato Cauliflower cheese and steamed greens	Steamed Rice Sweetcorn and Roasted sweet peppers	French fries Baked beans Garden peas
Jacket Potato Bar	Jacket potato with hot fillings				
Pasta Bar	Classic tomato sauce				
Something Cold	Selection of tempting dessert pots				
Something Sweet	Rice crispy cake	Rhubarb and custard cake	Salted caramel cupcakes	Wheat-free fudge cake	Sticky lemon squares
Fruit and Dessert	Fruit salad pots and selection of seasonal fresh fruit ripened and ready to eat Daily selection of homemade yoghurt, dessert and custard pots				

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Plant-based Soup	Selection of breads, toppings and accompaniments				
	Spicy sweet pepper	French onion	Carrot & ginger	Butternut squash	Minestrone
Plant-based / vegetarian	Peri Peri vegetables on a toasted wrap	Moroccan theme day Roasted Moroccan vegetables served with flatbread and hummus	Cauliflower, chickpea and butternut squash biryani	Indian theme Day Indian Tarka Dhal with mini poppadom	Halloumi burger with sticky BBQ vegetables (plant-based available)
Main Meal	Peri Peri chicken with pineapple and red pepper salsa	Moroccan beef tagine with apricots and spiced chickpeas	Lemon and garlic leg of roast pork (with stuffing, gravy and Apple Sauce)	Butter chicken with sambals	Breaded cod fillet with lemon mayonnaise
Snack Bar	Lebanese Street panini	Chicken jambalaya	Welsh Rarebit (plant-based available)	Beetroot onion bhajis with Asian slaw	Cuban loaded pork open sandwiches
On the side	Lemon rice Sweetcorn and roasted peppers	Spiced rice or minted bulgar wheat Roasted vegetables	Roast thyme potatoes Honey roasted carrots with cabbage	Turmeric spiced rice Spiced cauliflower Charred Broccoli	Skinny chips Baked beans Steamed peas
Jacket Potato Bar	Jacket potato with hot fillings				
Pasta Bar	Classic tomato sauce				
Something Cold	Selection of tempting dessert pots				
Something Sweet	Apple and rhubarb oatly crumble	Chocolate and butternut squash cake	Strawberry scones	Orange and chocolate chip polenta cake	Cake Shop treats
Fruit and Dessert	Fruit salad pots and selection of seasonal fresh fruit ripened and ready to eat Daily selection of homemade yoghurt, dessert and custard pots				

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Plant-based Soup	Selection of breads, toppings and accompaniments				
	Leek and potato	Chinese sweetcorn and pepper	Tomato and red pepper	Indian curry	Roasted roots
Plant-based / vegetarian	Sweet potato, chickpea and coconut curry	Loaded mac and cheese with toppings	Moroccan vegetables with toasted chickpeas and bulgur wheat salad	Hen Den Bang bang cauliflower wraps	Mexican quesadillas or enchiladas
Main Meal	Chicken Balti with mango chutney and mini poppadoms	Korean beef with soy sauce topped with chillis	Roast Gammon with stuffing and rich gravy	Chicken Jalfrezi with mango chutney	Battered cod fillet with lemon and lemon mayonnaise
Snack Bar	Cheese and tomato paninis	Broccoli, spinach and ricotta cheese frittata	Ghanian chicken jollof rice	Sweet chilli sweetcorn fritters with paprika roasted chickpeas	Vietnamese banh mi loaded buns
On the side	Steamed rice Courgettes and sweet chilli sweetcorn	Spiced cous cous Bulgur wheat with spring greens	Thyme roast potatoes Sweet roasted carrots Red cabbage	Pilau rice Seasonal vegetables	Skinny chips Steamed peas Baked beans
Jacket Potato Bar	Jacket potato with hot fillings				
Pasta Bar	Classic tomato sauce				
Something Cold	Selection Of tempting dessert pots				
Something Sweet	Carrot and parsnip cake with lemon frosting	Viennese vanilla	Sticky toffee and banana muffins	Lemon, lime and chia seed drizzle cake	Selection of cookies
Fruit and Dessert	Fruit salad pots and selection of seasonal fresh fruit ripened and ready to eat Daily selection of homemade yoghurt, dessert and custard pots				