

lunch menu 1 Lent term 2019 – w/c 7 January, 28 January

Lunch Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Selection of freshly baked breads	Selection of freshly baked breads	Selection of freshly baked breads	Selection of freshly baked breads	Selection of freshly baked breads
Soup, croutons	Market soup of the day	Market soup of the day	Market soup of the day	Market soup of the day	Market soup of the day
Jacket or sweet potato	Grated mild cheddar, tuna, baked beans	Grated mild cheddar, tuna, baked beans	Grated mild cheddar, tuna, baked beans	Grated mild cheddar, tuna, baked beans	Grated mild cheddar, tuna, baked beans
Main	Chicken and mushroom pie with gravy	Mac n cheese, bacon crumb, crispy jalapeno, parmesan cheese	Roast day, stuffing, gravy	Butchers sausage and pork and butchers pork and leek sausage, onion gravy	Chef's hand battered Pollock, tartar sauce, lemon wedge
Vegetarian Main	sweet potato and spinach pie	Mac and cheese bar	butternut squash tagine with couscous	vegetarian sausage	caramelized winter vegetable risotto with herb oil and parmesan cheese
Carbohydrate	healthy skin on olive oil mash	garlic bread	herby little roast potatoes	colcannon (spring onion skin on hearty mash)	chips
Vegetable 1	glazed carrots	rocket leaf	cauliflower cheese	Savoy cabbage	baked beans
Vegetable 2	spiced red cabbage	broccoli florets	green beans	Sweetcorn	peas
International	noodle bar authentic sweet and sour pork, five spice vegetable stir fry, soy sauce, chilli flakes, prawn crackers	Spanish paella fresh chicken, chorizo or mixed seafood vegetable rice	wraps spiced beef with peppers or vegetarian chilli Cajon fish with blush tomato, grated cheese, fire pepper slaw	Indian chicken tikka masala, sweet potato and lentil dahl, poppadom, mango chutney	American hotdog bar, brioche rolls, stewed onions, sloppy chilli mustard, salsa, grated cheese
Salad Bar	Selection of fresh build your own and different composite salads selection of toppers and dressings	Selection of fresh build your own and different composite salads selection of toppers and dressings	Selection of fresh build your own and different composite salads selection of toppers and dressings	Selection of fresh build your own and different composite salads selection of toppers and dressings	Selection of fresh build your own and different composite salads selection of toppers and dressings
Sweet	pear and chocolate drop sponge	waffle bar with toppings and sauces	apple puff pie, custard	apricot jam sponge, custard	chocolate brownie with ice-cream