


LUNCH


Sept 16, Oct 7, Nov 4, Nov 25



 All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

MENU WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL ONE	Brunch lunch sausage & bacon Breakfast Omelet	Ham and Sweetcorn Penne Pasta bake	Roast of the week Served with crispy roast potatoes Cauliflower and broccoli cheese Topped with a Yorkshire pudding	Soup and sandwich day Classic tomato soup Fresh baked baguette Choose your filling Home cooked gammon Roasted chicken & mayonnaise	<u>Everyone loves a nugget 100% chicken pieces coated in a crispy batter</u>
MAIN MEAL TWO	Quorn sausages	Penne pasta mixed in a tomato sauce topped off with grilled cheese	Cheese and tomato pin wheels	Egg mayonnaise Or Grated cheese	Jacket potato skins filled with roasted vegetables
JACKET POTATO & SANDWICH BAR	All with a choice of beans, cheese, ham or tuna				
ON THE SIDE	Hash browns Baked beans & roasted tomato	Fresh garden salad Trio of vegetables	Golden crispy roast potatoes Spring greens & carrots	Skin on crisps Homemade coleslaw Fresh green salad	Skinny fries Seasonal salad bar
DESSERT	Apricot flapjack bites	Fresh fruit & flavored yoghurts	Chocolate sponge with chocolate sauce	Banana and blueberry Muffin tray Bake	Fresh fruit pavlova pots
Allergen free	Shortbread		Chocolate cake		Jelly

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SOUP	Soup of the day & home baked bread				
MAIN COURSE ONE	Taco bar Chilli beef or Five bean, sweetcorn & tomato 	Chicken katsu curry	 All in a brioche bun: Bulgogi BBQ beef BBQ sweet potato & chick pea Sauces: Yuzu mayo, Korean BBQ sauce Bang bang cucumbers with sesame & chilli Salt & pepper baked potato wedges	The Shawarma Grill Chicken Or Chickpea ribbons	Top your own cheese & tomato pizza with Pepperoni Black olives Bacon crumb BBQ chicken Tuna flakes Sweetcorn Caramelised red onion Skin on fries Classic coleslaw Corn on the cob
MAIN COURSE TWO		Tofu Katsu Curry			
ON THE SIDE	Fluffy rice Salads & slaws Guacamole Sour cream Feta & cheddar cheeses Tortilla chips	Egg noodles Steamed Greens and shredded Carrots		Flatbread Hummus Garlic mayo Tomato salsa Shredded garden salad Turkish rice	
JACKETS	Jacket potato bar with a changing selection of toppings, beans, cheese or tuna mayo				
PASTA	Pasta of the day with either smoked salmon cream, pesto, cheese, or arrabbiata sauces changing daily				
DESSERTS	Pancakes with chocolate & maple sauces	Apple, sultana & cinnamon strudel with vanilla cream	Mango & lime rice pudding	Milk & white chocolate giant cookie	Fresh fruit & yoghurt selection
YOGHURT	Passionfruit	Berry compote	Mango & coconut	Honey & granola	
CUT FRUIT	Honeydew & pomegranate	Orange wedges	Pineapple pieces	Gala & blueberries	



**SENIOR
SCHOOL**

SALAD BAR

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIMPLE SALADS	Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges	Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves	Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges	Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves	Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges
COMPOSITE SALADS	Balsamic roast beetroots & carrots with dill Smoked bacon & pea pasta	Tomato, green pepper & basil pasta Curried potato salad with spinach & raisins	New potatoes, peas & courgettes with lemon & sage Broccoli stem & cauliflower core slaw	Rainbow slaw with sweet chilli, lime & coriander Sticky roast carrot with red onions & spinach	Charred broccoli & roast carrot with lemon, Ginger & pumpkin seeds Sweet chilli & coriander slaw
PROTEINS	Selection of Ham, cheese, tuna or chicken pots				
DRESSINGS	Olive oil & balsamic Sriracha mayo French dressing	Olive oil & balsamic Sriracha mayo French dressing	Olive oil & balsamic Sriracha mayo French dressing	Olive oil & balsamic Sriracha mayo French dressing	Olive oil & balsamic Sriracha mayo French dressing
TOPPINGS	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes	Baked croutons Toasted seeds Chilli flakes