






Junior School Lunch Menu


| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---|---|---|---|---|
| SOUP | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons |
| MAIN MEAL | Macaroni Cheese | Chicken Stir fry  | Roasted Gammon | Shepards Pie  | Fish Fingers |
| MAIN MEAL | Pea and Mint Risotto  | Tofu Stir Fry  | Aubergine Steak | Shepard less Pie  | Halloumi |
| SIDE | Med Roasted Veg Crispy Cabbage Olive Focaccia Basil Pesto | Noodles Cauliflower Prawn Crackers Pak Choi | Roasted Potatoes Braised Cabbage Green Beans Yorkshire Pudding Gravy | Carrots Petit Pois Garlic Bread Broccoli | French Fries Sweetcorn Garden Peas Ketchup Tartar Sauce |
| PASTA/JACKET BAR | Baked Beans Cheese | Grated Cheese | Baked Beans Cheese Tomato Sauce | Baked Beans Cheese | Baked Beans Cheese |
| DESSERTS | Pineapple Upside Down with Cream | Coconut Rice Pudding Strawberry Sauce | Apple & Berries Crumble Vanilla Custard | Vanilla Sponge Blueberry & Cream | Spiced Carrot Cake & Sweet Potato Icing |

Junior School Lunch Menu

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---|--|---|---|---|
| SOUP | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons |
| MAIN MEAL | Jacket Potato | Sausage Roll | Roast Chicken  | Pizza Margherita | Brunch Scrambled Eggs Bacon Sausages |
| MAIN MEAL | Farfalle Pasta | Vegetarian Sausage Roll  | Stuffed Peppers | Pizza Pepperoni | Potato Rosti & Poached Egg |
| SIDE | Cauliflower Green Beans Tuna Sweetcorn Mushroom Sauce Cheese Bechamel Spinach Chickpea Curry | Mash Potato BBQ Baked Beans Petit Pois | Roasted Potatoes Roasted Carrots Savoy Cabbage Yorkshire Pudding Gravy | Potato Wedges Sweetcorn Broccoli | Mushrooms Roasted Tomatoes Hash Browns |
| PASTA BAR | Baked Beans Tomato Sauce Grated Cheese | Grated Cheese Tomato Sauce | Baked Beans Grated Cheese Tomato Sauce | Baked Beans Grated Cheese | Baked Beans Grated Cheese |
| DESSERTS | Cinnamon and Pear Lattice with Chocolate Sauce | Dutch Apple Cake Vanilla custard | Panna Cotta (V) with Mix Berries and Granola | Super seedy Flapjack | Caramel & Chocolate Brownie |

Junior School Lunch Menu

WEEK 3

| SOUP | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons | Soup of the Day, Toasted Seeds, Crispy Onions, Croutons |
|------------------|---|---|--|---|---|
| MAIN MEAL | Vegetarian Lasagne | Chicken Casserole  | Burgers | Meat Balls in Tomato Sauce | Fish Fingers |
| MAIN MEAL | Spanish Tortilla (Potato Omelette) | Mushroom & Quinoa Casserole  | 5 Bean & Sweet Potato Burgers  | Chickpea Vegan Balls in Tomato Sauce  | Halloumi |
| SIDE | Petit Pois Cauliflower Focaccia with Sun Dried Tomatoes | Braised Rice Curly Kale Steamed Carrots | Skin on Chips Corn on the Cob Broccoli | Spaghetti Celeriac Green Beans Focaccia | French Fries Sweetcorn Garden Peas Ketchup Tartar Sauce |
| PASTA BAR | Baked Beans Grated Cheese | Baked Beans Grated Cheese | Baked Beans Grated Cheese Tomato Sauce | Baked Beans Grated Cheese | Baked Beans Grated Cheese |
| DESSERTS | Boost Citrus Drizzle Cake | Chocolate, Date & Banana Bread | Apricot Tart Served with Cream | Fruit of the Forest Cheesecake | Homemade Scones Strawberry & Cream |