

WEEKLY MENU I



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack...	Fresh Cut Seasonal Fruit With Watermelon, Pineapple & Honeydew Wedges	Fresh Cut Seasonal Fruit With Pitta Sticks & Crudites	Fresh Cut Seasonal Fruit With Cheese & Tomato Puff	Fresh Cut Seasonal Fruit With Low Sugar Flapjack	Fresh Cut Seasonal Fruit With Oven Baked Hash Brown
Dish of the day...	Butternut, Spinach & Chickpea Tikka Masala With Coriander Dressing	'Build Your Own Lebanese Chicken Flatbread'	Classic Pork Or Chicken Sausage & Mash With A Rich Onion & Thyme Gravy	Italian Spaghetti Bolognaise	Fisherman's 'Catch Of The Day' With Lemon & Tartare Sauce
Vegetarian...	Bombay Cauliflower, Potato & Paneer Salad	Lightly Spiced red Pepper Falafel Flatbread With Mint & Cucumber Yoghurt	Vegan Sausages With A Rich Onion & Thyme Gravy	Fragrant Vegetable & Bean Arrabiatta	Vegetable Chilli Stuffed Potato Skins With Sour Cream & Tomato Salsa
On the side...	Aromatic Pilau Rice Slow Braised Lentil Dhal Garden Peas	Lebanese Toppings Bar Lemon & Herb Couscous Red Cabbage Slaw Cumin Root Vegetables	Crushed New Potatoes Sauteed Greens Steamed Carrots	Spaghetti Mediterranean Vegetables Roasted Cauliflower	Hand Cut Chips Garden Peas Baked Beans
Help Yourself To...	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit
Dessert...	Pineapple & Mango Yoghurt Bar With Pumpkin Granola	Autumn Apple & Cinnamon Cake	Fruit Salad	Citrus Bread & Butter Pudding With Custard	Cranberry Shortbread

Jacket potatoes available daily upon request
For all allergen advice please email School Office.

WEEKLY MENU 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack...	Fresh Cut Seasonal Fruit With Handmade Cheese Scone With Cream Cheese	Fresh Cut Seasonal Fruit With Tropical Fruit	Fresh Cut Seasonal Fruit With Farmhouse Cheddar Or Wiltshire Ham & Crackers	Fresh Cut Seasonal Fruit With Toast Bagel With Country Butter Or Fruit Jam	Fresh Cut Seasonal Fruit With Lightly Drizzled Dark Chocolate Rice Cake
Dish of the day...	Ken Prep Macaroni Cheese	Mexican Turkey Enchiladas With Tomato Salsa, Sour Cream & Guacamole	Autumn Chicken & Leek Pie With Crisp Puff Pastry	Slow Braised Beef Bourguignon With Mushrooms	Fisherman's 'Catch Of The Day' With Lemon & Tartare Sauce
Vegetarian...	Slow Baked Lentil & Butternut Ragu In A Sun-Dried Tomato Sauce	Fragrant Jackfruit & 3 Bean Chilli	Bubble & Squeak & Farmhouse Cheddar Roll With Tomato Chutney	Louisianan Vegetable & Bean Jambalaya With Coriander Dressing	Hand Pressed Chickpea Burger With Tomato Salsa & Sour Cream
On the side...	Garlic Bread Garden Peas Roasted Butternut & Carrots	Spiced Sweet Potato Bean & Sweetcorn Salad Steamed Cauliflower	Rolled New Potatoes Garden Peas Leeks & Savoy Cabbage	Steamed Rice Broccoli Glazed Carrots	Hand Cut Chips Steamed Sweetcorn Carrots
Help Yourself To...	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit
Dessert...	Pear & Berry Crumble	Greek Yoghurt With Apple Compotes & Ginger Granola	Banana Cheesecake	Fruit Salad	Autumn Fruit Smoothies Fruity Jelly

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WEEKLY MENU 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack...	Fresh Cut Seasonal Fruit With Lemon & Poppy Seed Drizzle	Fresh Cut Seasonal Fruit With Toasted Crumpet	Fresh Cut Seasonal Fruit With Chunky Cantaloupe & Pineapple Wedges	Fresh Cut Seasonal Fruit With Low Sugar Banana Cake	Fresh Cut Seasonal Fruit With Ken Prep Cinnamon Roll
Dish of the day...	Chickpea, Apricot & Pepper Tagine Finished With Coriander	Baked Chicken & Cherry Tomato Bound In A Light Herb Pesto	Braised Beef Brisket With Yorkshire Pudding & Gravy	Cantonese Chicken Chow Mein With Bamboo & Bean Shoots	Fisherman's 'Catch Of The Day' With Lemon & Tartare Sauce
Vegetarian...	Baked Mushroom 'Steak' With Vegan Feta & Pickled Vegetables	Creamy Broccoli & Leek Al Forno With Fresh Herbs	Shepherdess Lentil Pie With Carrot & Potato Topping	Oriental Vegetables & Tofu In A Black Bean Sauce	Breaded Halloumi With Butternut Salad & Sweet Chilli Dressing
On the side...	Fruity Couscous Broccoli Steamed Carrots	Penne Pasta Garden Peas Cauliflower	Roasted New Potatoes Autumn Root Vegetables Mixed Steamed Greens	Chinese Leaf & Pak Choi Roasted Carrots	Hand Cut Chips Garden Peas Baked Beans
Help Yourself To...	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit
Dessert...	Fruit Salad	Waffles With Crème Fraiche & Nordic Berries	Courgette & Lime Cookies	Strawberry Yoghurt Bar With Fruity Granola	Beetroot Brownie

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