

SENIOR SCHOOL MENUS – Summer 2020

(v) vegetarian; (vg) suitable for vegan & dairy free diets; (g/f) gluten free

WEEK 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main	Spinach & ricotta cannelloni (v)	Roast chicken & leek yorkie pots	Spaghetti bolognese	Chicken tikka with spinach	Breaded cod fillet
Meat free option	Tortellini formagio in tomato & basil sauce (v)	Roasted root vegetables in a cheesy sauce pot	Red lentil ragout spaghetti (v/gf)	Sweet potato chickpea & spinach tikka (v/vg/gf)	Omelette
Side orders	Garlic bread Homemade slaw Green salad	Hash brown Broccoli florets Sweetcorn	Garlic slice Fresh green salad Homemade coleslaw	Wholegrain rice Cut green beans Poppadum & mango chutney	Chips Baked beans Garden peas
Light lunch	Giant spring rolls (v) Southern spiced halloumi wraps (v) Jacket potatoes with various toppings (v/vg/gf)	Beef & pork meatball subs with melted cheese Meat free balls with tomato sauce & melted cheese (v) Pasta with Italian sauce (v/vg/gf)	Chicken goujons in a salad wrap Falafel humus and mixed leaf wrap (v/vg) Jacket potato with various fillings (v/vg/gf)	Tuna & cheese Cheese or cheese & ham melt Pasta with tomato sauce	Beef nachos Cheese nacho (v) Pesto pasta
Daily	<i>Daily salad bar to accompany light lunch daily sandwich selection – pre order at break to avoid disappointment! IN ADDITION every pupil in Years 7-10 are encouraged to enjoy a whole piece of fruit such as a banana, apple or satsuma</i>				
Dessert	Lemon drizzle cake	Apple crumble and custard	Chocolate rice crispy cake	Iced sponge	Ice cream/lollies

*Allergen information is supplied but we ask any pupils with allergens to please check and speak to the catering team for any dietary requirements.
If you wish to take food away please bring in your own reusable containers & cutlery... the lawn is a lovely spot in the summer!*

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WEEK 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main	Top your own pizza	Chicken meatballs with tomato & basil sauce	Minced beef lasagne	Giant Yorkshire filled with chicken & stuffing	Fish fingers (omega 3)
Meat free option	Vegan cottage pie with sweet potato mash (v/vg)	Veggie balls with tomato & basil sauce	Vegan/dairy free lasagne (v/vg)	Vegetable risotto stuffed beef tomato	Vegetable samosa (v/vg)
Side orders	Sweetcorn Green salad Coleslaw	Penne pasta Broccoli florets Battered carrots	Garlic bread Green salad Coleslaw	Rosemary roasted carrots Cauliflower cheese Broccoli florets	Chips Baked beans Garden peas
Light lunch	Macaroni cheese Vegetable samosa (v/vg) Jacket potato with various fillings (v/vg)	Stand & stuff chilli basket Stand & stuff mixed bean basket (v/vg) Mini Indian savouries (v)	Piri piri chicken burger Vegetable burger (v) Jacket potato with various toppings (v/vg)	Spaghetti Bolognese Pasta with tomato sauce (v/vg/gf) Jacket potato with various toppings (v/vg/gf)	Giant hot dog with onions Veggie dog with onions Homemade pesto pasta with roasted veg (v/vg/gf)
Daily	<i>Daily salad bar to accompany light lunch daily sandwich selection – pre order at break to avoid disappointment! IN ADDITION every pupil in Years 7-10 are encouraged to enjoy a whole piece of fruit such as a banana, apple or satsuma</i>				
Dessert	Chocolate frost cake	Carrot cake	Homemade flapjack	Chocolate brownie	Ice cream/ice lollies

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SANDWICHES	Monday	Tuesday	Wednesday	Thursday	Friday
1	Chicken salad baguette (No butter)	Southern fried chicken & iceberg salad wrap	Chicken & bacon sandwich with iceberg lettuce	Chicken ciabatta with rocket & ceaser dressing	Southern fried chicken & iceberg salad wrap
2	Tuna & cheese sandwich	Cream cheese & cucumber bagels (v)	Tuna & cucumber baguette	Ham salad baguette	Tuna & cucumber sandwich
3	Cheese & coleslaw sandwich (v)	Cheese & pickle sandwich (v)	Cheese & ham baguette	Brie & cranberry bagel (v)	Egg & rocket sandwich (v)
4	Falafel humus & spinach tomato wrap (v/vg)	BBQ jackfruit with mixed leaves & grated carrot wrap (v/vg)	Sweet potato falafel with mint dairy free mayo wrap (v/vg)	Humus grated carrot, rocket & red pepper sandwich (v/vg)	Marmite sandwich (v/vg)

Sandwich lunch option includes fresh fruit, crisps or pudding of the day.

Grazing bowls provided daily.... carrot, cucumber and red pepper batons with cherry tomato humus dip and tortilla chip (v/vg/gf)

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Please pre-order sandwiches at morning break to avoid disappointment, gluten free alternatives available on request.