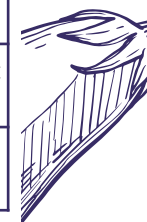
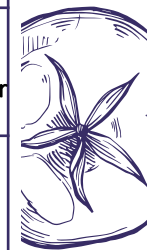


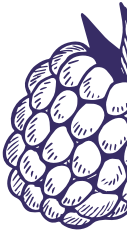
Senior School Lunch Menu



w/c 25.11.24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Chilli con carne served with nachos & tomato salsa	Hunters chicken	Roast pork loin with Yorkshire puddings, apple sauce & gravy	Teriyaki chicken	Breaded MSC haddock fillet with lemon & tartar sauce
MAIN COURSE TWO	Chipotle beans with shredded salad & tacos	Welsh rarebit mushrooms	Veggie hotpot	Vegetable pancake roll with sweet chilli dipping sauce	Sweet potato falafel with a sweet chilli dip and salad
SIDES	Steamed rice Sweetcorn Garlic green beans & kale	Diced potatoes Winter vegetable medley Savoy cabbage	Roast potatoes Carrots, parsnips & broccoli	Egg noodles Vegetable stir fry Mushrooms & broccoli	Chips Garden peas Baked beans & salt & pepper tomatoes
SNACK BAR	Pizza baguette	Cheese & ham turnover	Sub sandwich	Pizza pinwheel	5 a day hoops on toast
PASTA/JACKET	50/50 pasta with simple toppings & sauces (V)	Baked sweet & jacket potatoes with toppings (V) 50/50 pasta with simple toppings & sauces (V)	50/50 pasta with simple toppings & sauces (V)	Baked sweet & jacket potatoes with toppings(V) 50/50 pasta with simple toppings & sauces (V)	50/50 pasta with simple toppings & sauces (V)
DESSERT	Apple crumble with custard	Victoria sandwich	Biscuit selection	Banana muffin	Fruity crisp
EVERYDAY	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings
HYDRATION	Still Water	Still Water	Still Water	Still Water	Still Water

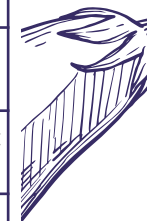
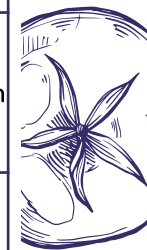


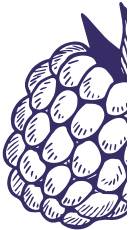


Senior School Lunch Menu



w/c 02.12.24	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Butter chicken with minted cucumber & naan bread	Butchers pork sausages with a red onion gravy	No meat Day Baked macaroni cheese with garlic bread	Sweet & sour pork with pineapple	Cajun chicken wraps with Mexican sides
MAIN COURSE TWO	Mushroom Balti with chickpeas	Quorn sausage casserole	Butternut squash & feta quiche	Sweet chilli quorn stir fry	Mixed bean burrito
SIDES	Steamed rice Bombay potatoes Spinach & cabbage & mushroom bahji	Mashed potatoes Broccoli & carrots	Rosemary mid potatoes Vegetable medley British peas	Egg fried rice Chinese cabbage Vegetable stir fry Fried corn	Sweet potato fries Shredded salad Fiesta corn & Mexican green beans
SNACK BAR	Bacon roll	BB beans on toast	Cheese & tomato panini	Vegetarian pinwheels	Baked sausage rolls
PASTA/JACKET	50/50 pasta with simple toppings & sauces (V)	Baked sweet & jacket potatoes with toppings (V) 50/50 pasta with simple toppings & sauces (V)	50/50 pasta with simple toppings & sauces (V)	Baked sweet & jacket potatoes with toppings (V) 50/50 pasta with simple toppings & sauces (V)	50/50 pasta with simple toppings & sauces (V)
DESSERT	Dairy free chocolate brownie	Golden oat cookies	Pineapple upside down cake & custard	Jammie dodgers	Strawberry fairy cake
EVERYDAY	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings
HYDRATION	Still Water	Still Water	Still Water	Still Water	Still Water





Senior School Lunch Menu



w/c 09.12.24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Chicken Makhani with naan bread	Baked cottage pie	Christmas Dinner Roast turkey with all the trimmings	Hoi sin pork with peppers	Butchers sausages
MAIN COURSE TWO	Paneer one pot curry	Quorn sausages with red onion gravy	Brie and cranberry tartlets	Breaded quorn bites with sweet chilli vegetables	Veggie sausages
SIDES	Pilau rice Cauliflower & green beans Mushroom bahji Mint yogurt & tomato & onion salad	Mini roasties Steamed carrots, roasted squash with courgettes & cabbage	Roast potatoes Carrots & parsnips Savoy cabbage Broccoli	Steamed rice Vegetable stir fry Broccoli & mushrooms Salt & pepper cauliflower	Chips Garden peas Baked beans Sweetcorn & peppers
SNACK BAR	Filled pitta bread	Pepperoni panini		Chicken Caesar salad with wraps	Stuffed jacket potatoes
PASTA/JACKET	50/50 pasta with simple toppings & sauces (V)	Baked sweet & jacket potatoes with toppings (V) 50/50 pasta with simple toppings & sauces (V)	50/50 pasta with simple toppings & sauces (V)	Baked sweet & jacket potatoes with toppings (V) 50/50 pasta with simple toppings & sauces (V)	50/50 pasta with simple toppings & sauces (V)
DESSERT	Lemon sponge with lemon sauce	Honey flapjack finger	Reindeer and Christmas tree brownies	Dipped wholemeal shortbread	Christmas treats
EVERYDAY	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings	Various fruit, natural yogurt with toppings
HYDRATION	Still Water	Still Water	Still Water	Still Water	Still Water

