

School Menus - Lent Term 2019

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Bolognaise	Sweet & sour chicken	Roast beef & Yorkshire pudding	Pork & apple cobbler	Baked Cod fillets/salmon steaks
Garlic bread	Egg fried rice		Garlic bread	Fish pie
Spiced tempura vegetables	Veg spring rolls & samosa	Red onion & goats cheese tart	Mushroom risotto	Veg & mushroom stack
		Roast potatoes	Minted new potatoes	French fries
Roasted root vegetables	Mixed greens	Mixed greens	Mixed greens	Mixed greens
Assorted salad bar	Assorted salad bar	Assorted salad bar	Assorted salad bar	Assorted salad bar
Jam sponge & custard	Treacle tart & cream	Assorted fruit cheesecake	Lemon tart & berry compot	Assorted Ice-creams
Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts
Assorted melon	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad	Assorted melon

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken tikka masala	Beef Bourguignon	Roast loin or pork & apple sauce	Lasagne & garlic bread	Cod fish fingers/salmon steaks
Rice & nan bread	Vegetable Bourguignon	Tomato & pepper pasta	Vegetable lasagne	Three cheese & pepper frittata
Vegetable masala & rice	New potatoes	Roast potato's		French fries
Mixed greens	Mixed greens	Mixed greens	Mixed greens	Mixed greens
Assorted salad bar	Assorted salad bar	Assorted salad bar	Assorted salad bar	Assorted salad bar
Eves pudding & custard	Butterscath mousse	Chocolate sponge & choc sauce	Assorted fruit cheesecake	mini Ice-creams
Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts
Assorted melon	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad	Assorted melon

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
New York chicken	Goan lamb curry	Roast turkey & stuffing	Steak & ale pie	Haddock fish cakes/salmon steak
Cheesy pasta	Vegetable curry	Vegetable bolognaise	Mushroom & spinach pie	Roast veg & filo bake
Herb diced potato	Rice & nan breads	Vegetable risotto	Mash potato	Tomato Gnocchi
Mixed greens	Mixed greens	Mixed greens & roast pots	Mixed greens	French fries
Assorted salad bar	Assorted salad bar	Assorted salad bar	Assorted salad bar	Assorted salad bar
Apple & berry crumble	Assorted Fruit cheesecake	Chocolate mousse	Bird seed & custard	Assorted mini Ice-cream
Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts	Assorted fruit jelly & yoghurts
Assorted melon	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad	Assorted melon

