

## SENIOR SCHOOL (Neek)

Head's favourite

#### MONDAY

Pork & apple sausages, red onion gravy

Summer vegetable pasta bake V



Crushed new potatoes, braised red cabbage, peas & carrots

Baked potatoes & baked sweet potatoes with a selection of fillings

Iced rainbow cake



#### **TUESDAY**

Lamb kofta, flatbread, minted yogurt & tomato & chilli relish

Loaded vegetable pitta bread with salad & hummus

Potato wedges, Persian salad, sweetcorn & peppers

Pasta bar: tomato & basil sauce

Rice pudding with summer compote & toppings

#### **THURSDAY**

'Around the world in curry days': Chicken tikka biryani with minted yogurt

Vegetable tikka with cauliflower rice & minted yogurt /

Red onion, tomato, carrot & cucumber salad with lemon, aubergine, pickle, mint yogurt, sautéed green vegetable

Pasta bar: tomato & basil sauce

Apple crumble & custard

#### **FRIDAY**

'Chip shop Friday': Battered fish fillet

Cherry tomato & mozzarella tart V



Chunky chips, baked beans, garden peas, pickled onions, tartare sauce

Bratwurst dogs in brioche bun with crispy onions & relish

lce cream & mini doughnut

### WEDNESDAY

Roast beef, thick beef gravy

Mushroom bourguignon pithivier V



Yorkshire pudding, roasted new potatoes, sautéed spring greens & chunky carrots

Baked potatoes & baked sweet potatoes with a selection of fillings

Cherry & coconut muffin

Fresh fruit, yoghurts, salad bar, bread basket, selection of ready-made sandwiches & wraps available daily





# SENIOR SCHOOL (Neek) 2

**Pupil** favourite

#### MONDAY

'Meatball Monday': Beef meatballs with spaghetti & tomato & basil sauce

Cheese & asparagus puff V



Spaghetti, new potatoes, summer mixed vegetables

Baked potatoes & baked sweet potatoes with a selection of fillings

Pineapple & coconut crumble with custard

## THURSDAY

Quiche lorraine & quiche selection

Mac 'n' cheese with a vegetable crisp topping /

Croquette potatoes, sautéed mixed vegetables, green beans

Pasta bar: tomato & basil sauce

Farringtons fabulous fruity cheesecake

#### **TUESDAY**

Piri piri chicken drumsticks with rainbow slaw

Caribbean vegetable curry V



Nando-style macho peas, spiced rice, broccoli

Pasta bar: tomato & basil sauce

Chocolate flapjack

#### **FRIDAY**

Chicken fajitas with sour cream, guacamole & salsa

Halloumi traybake, roasted vegetables & new potatoes



Wedges (sweet & regular), iceberg & lemon salad & sweetcorn

Giant vegetable samosa with sweet chilli sauce or minted yogurt

Pancakes with toppings and sauces

Fresh fruit, yoghurts, salad bar, bread basket, selection of ready-made sandwiches & wraps available dailv

## WEDNESDAY

Summer roast gammon with apricot chutney

Creamy chestnut mushroom risotto



Steamed potatoes, chunky carrots, sautéed cabbage

Baked potatoes & baked sweet potatoes with a selection of fillings

Raspberry & white chocolate muffin





## SENIOR SCHOOL Week 3

#### MONDAY

Lincolnshire sausage summer traybake with peppers & onions

Plant-based vegan kofta, Persian salad & pitta



Mash, green beans with toasted breadcrumbs, cauliflower

Baked potatoes & baked sweet potatoes with a selection of fillings

Cherry crumble with custard

#### **THURSDAY**

Thai red chicken & vegetable curry

Nut free tofu & vegetable satay V



Vegetable pad Thai noodles, Thai crackers, stir-fried sugar snaps, pak choi & baby corn

Pasta bar: tomato & basil sauce

Rainbow cake

#### **TUESDAY**

Theme day Tuesday

Menu to follow on the website. Look out for our exciting, themed menus coming up every third Tuesday

Pasta bar: tomato & basil sauce

Theme day Tuesday dessert

#### **FRIDAY**

'Burger shack': BBQ chicken burgers

Plant based burger with vegan \_\_\_\_ smoked applewood cheese



Chips, creamy coleslaw, garden peas, burger sauce, sweet chilli sauce

Beef burger with cheese

Chocolate moose

Fresh fruit, yoghurts, salad bar, bread basket, selection of ready-made sandwiches & wraps available daily

### WEDNESDAY

Roast turkey with roasted vegetables & grapes

Creamy gnocchi with spinach & v squash



Roast new potatoes, roasted mixed vegetables, petit pois

Baked potatoes & baked sweet potatoes with a selection of fillings

Doughnut station





## SENIOR SCHOOL Week 4

#### MONDAY

Mexican-style chicken meatball chilli con carne

Vegetable, lentil & bean chilli v



Steamed rice, cauliflower, whole green beans

Pasta bar: tomato & basil sauce

Chocolate jaffa cake sponge with custard

#### **TUESDAY**

Pork & beef lasagne

Summer vegetable lasagne with peppers, aubergine & courgettes



Garlic bread, mixed green garden salad, tomato & basil salad, sweetcorn

Baked potatoes & baked sweet potatoes with a selection of fillings

Key lime pie

#### **THURSDAY**

Caribbean fish risotto, Caribbean salad with honey & lime

Chinese vegetable rice bowl v



Sautéed green vegetables, fried plantain

Baked potatoes & baked sweet potatoes with a selection of fillings

Chocolate brownie <-



Pupil favourite

#### **FRIDAY**

Southern fried chicken with lemon mayonnaise

Tomato, pepper & feta frittata v



Skinny fries, baked beans, garden peas, creamy coleslaw

Panini selection

Icy lolly

### WEDNESDAY

Roast chicken leg with thick chicken gravy

Spinach & ricotta cannelloni v



Yorkshire pudding, roast potatoes, carrots, broccoli

Pasta bar: tomato & basil sauce

Blueberry muffin

Fresh fruit, yoghurts, salad bar, bread basket, selection of ready-made sandwiches & wraps available daily

