

# SENIOR SCHOOL - WEEK 1

20<sup>TH</sup> APRIL, 18<sup>TH</sup> MAY, 15<sup>TH</sup> JUNE, 29<sup>TH</sup> JUNE, 7<sup>TH</sup> SEPTEMBER & 5<sup>TH</sup> OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>SOUP</b>	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
<b>MAINS</b>	Meatball Monday: Chilli con carne meatballs with nacho chips, guacamole & sour cream (D)	Harissa salmon pilaf (F)	Honey-roast gammon, honey & apple chutney	★ Chicken katsu curry with vegetable pickles (G, So)	Battered pollock, fish fingers and tartare sauce (E, G, F)
<b>VEGGIE MAINS</b>	Summer vegetable tostada (G, D)	Mac 'n' cheese with a selection of toppings (G, D)	Baked ratatouille with goats cheese crumb (D)	Udon vegetable noodle bowl	Summer vegetable quiche (E, G, D)
<b>SIDES</b>	Rice, broccoli & mixed vegetables	Green beans & sweetcorn	Roast new potatoes, sautéed cabbage & carrots	Jasmine rice, stir-fried mixed vegetables	Skin on fries, garden peas, baked beans
<b>ENERGY BOOSTERS</b>	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Baked potatoes & baked sweet potatoes with a selection of fillings	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Assorted paninis (G, D)
<b>PUDDING</b>	Oaty cherry crumble with custard (G, D)	Rainbow cake and custard (G, E, D)	Raspberry & white chocolate muffin (G, D, E, So)	Key lime pie (G, D, So)	Ice cream pots (D, So)

Every day: Salad bar, fresh fruit, yogurt, bread and ready-made wraps/sandwiches. Our Catering Team make a vegan version of the veggie main - every day. Gluten-free & dairy free versions are also available for all mains.

## ALLERGEN INFO

Ce = Celery  
Cr = Crustacean  
E = Eggs

G = Cereals containing gluten  
F = Fish  
L = Lupin

D = Dairy  
Mo = Molluscs  
Mu = Mustard

N = Nuts  
P = Peanuts  
Se = Sesame seeds

So = Soya  
Su = Sulphur dioxide  
★ = Favourite

# SENIOR SCHOOL - WEEK 2

27<sup>TH</sup> APRIL, 22<sup>ND</sup> JUNE, 14<sup>TH</sup> SEPTEMBER & 12<sup>TH</sup> OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
MAINS	Pasta Bolognaise, garlic bread (G)	Thai turkey stir-fry with rice noodles	Roast chicken legs with herb butter (D)	Lamb kofte, pitta bread, minted yoghurt & pickled cabbage (G, D, Su)	★ Southern fried chicken with lemon mayo (G, Ce, D)
VEGGIE MAINS	Roast vegetable & whipped feta tart (G, D)	Beetroot falafel pitta, tahini yoghurt, pickled golden beetroot (G, So)	Roast vegetables, cherry tomatoes, chickpeas & pesto, smashed new potatoes	Honey & sesame vegetable and halloumi scramble (D, Se)	Sweet potato chilli nachos (D)
SIDES	Creamy mash, peas, sweetcorn (D)	Broccoli, summer mixed vegetables	Roast potatoes, cabbage, cauliflower & carrots	Skin on potato wedges, sauteed greens, Shirazi salad	Skin on fries, BBQ beans, peas, creamy coleslaw
ENERGY BOOSTERS	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	French bread pizza (G, D)
PUDDING	Chocolate sponge, chocolate sauce (G, D So)	Pineapple, oat & coconut crumble & custard (G, D)	Lemon and poppy seed muffin (G, E)	Banoffee with an oaty base (G, D)	Organic ice lollies

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# SENIOR SCHOOL - WEEK 3

4<sup>TH</sup> MAY, 1<sup>ST</sup> JUNE, 29<sup>TH</sup> JUNE & 21<sup>ST</sup> SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>SOUP</b>	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
<b>MAINS</b>	Pork & leek sausages, bourguignon sauce (G)	Theme day Tuesday Watch out to see what is coming next!	Roast beef brisket, beefy thick gravy & Yorkshire pudding (G, D)	Lamb keema, minted yoghurt & chutneys (D)	★ Nandos-style chicken burgers, nacho cheese sauce (G, D)
<b>VEGGIE MAINS</b>	Roast pepper, black bean & harissa stew with wholemeal pitta (G)		Summer vegetable & pesto tart (G, D)	Korma vegetable & coconut curry	Tam's free from burger, sweet chilli sauce & salad (G)
<b>SIDES</b>	Creamy mash, sauteed carrots & cabbage (D)		Roast potatoes, peas, cauliflower & carrots	Turmeric rice, mini poppadum, tomato & onion salad, mixed vegetables (G)	Piri piri skin on fries, sweetcorn, broccoli, rainbow slaw with seeds (E)
<b>ENERGY BOOSTERS</b>	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Porky hot dogs & crispy onions in wholemeal baguette (G)
<b>PUDDING</b>	Oaty apple crumble, custard (G, D)	Themed pudding	Banana zucchini muffin (G, E)	Lindy's fabulous fresh fruit cheesecake pots (G, D)	Chocolate crispy flake cakes (G, So)

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# SENIOR SCHOOL - WEEK 4

11<sup>TH</sup> MAY, 8<sup>TH</sup> JUNE & 28<sup>TH</sup> SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>SOUP</b>	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
<b>MAINS</b>	Jollof rice with chicken drumsticks	Lamb & mint sausages, rosemary gravy (G)	Pulled roast pork baps, apple sauce (G)	Pork & beef lasagne (G, D)	★ Fajita Friday: Tasty shawarma chicken & pepper fajitas (G)
<b>VEGGIE MAINS</b>	Jerk vegetables & coconut rice	Roasted vegetable garlic bruschetta with balsamic glaze (G)	Halloumi, quinoa & vegetable fattoush (D)	Summer vegetable lasagne with grains (G, D)	Vegetable Singapore noodle bowl
<b>SIDES</b>	Mixed greens, sauteed peppers, crispy plantain crisps	New potatoes, broccoli & cauliflower	Roast potato cubes, green beans & carrots, coleslaw (E)	Garlic bread, peas & sweetcorn, rocket salad (G)	Croquette potatoes (G)
<b>ENERGY BOOSTERS</b>	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Giant vegetable spring roll, sweet chilli dip (G, Se)
<b>PUDDING</b>	Jaffa cake (G, E, So, D)	Seedy fruity flapjack (G)	Fruit jelly pots	Carrot & banana cake with Greek yoghurt frosting (G, D, E)	Chocolate & beetroot brownie (G, D, So, E)

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