

SENIOR SCHOOL - WEEK 1

20TH APRIL, 18TH MAY, 15TH JUNE, 29TH JUNE, 7TH SEPTEMBER & 5TH OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste

MAINS

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)

VEGGIE MAINS

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)

SIDES

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

ENERGY BOOSTERS

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)

PUDDING

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
L = Lupin
F = Fish

D = Dairy
Mo = Molluscs
Mu = Mustard

N = Nuts
P = Peanuts
Se = Sesame seeds

So = Soya
Su = Sulphur dioxide
★ = Favourite

SENIOR SCHOOL - WEEK 2

27TH APRIL, 22ND JUNE, 14TH SEPTEMBER & 12TH 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

4TH MAY, 1ST JUNE, 29TH JUNE & 21ST SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste

MAINS

Pork & leek sausages,
bourguignon sauce (G)

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)

VEGGIE
MAINS

Roast pepper, black
bean & harissa stew
with wholemeal pitta
(G)

Theme day Tuesday
Watch out to see
what is coming next!

Summer vegetable & pesto
tart (G, D)

Korma vegetable & coconut
curry

Tam's free from burger,
sweet chilli sauce & salad
(G)

SIDES

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)

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)

Porky hot dogs &
crispy onions in
wholemeal
baguette (G)

PUDDING

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

11TH MAY, 8TH JUNE & 28TH SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
MAINS	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)
VEGGIE MAINS	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
SIDES	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)
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)	Giant vegetable spring roll, sweet chilli dip (G, Se)
PUDDING	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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