

SENIOR SCHOOL - WEEK 1

2 NOV, 30 NOV, 4 JAN, 1 FEB, 22 FEB & 22 MAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

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

MAINS

Meatball free Monday:
Plant-based meatballs in
rich tomato & herb sauce

Sticky glazed pork
steak, pickled
cucumber
(So)

Roast beef brisket,
Yorkshire pudding
(G) & rich beefy
gravy

★ Pie day:
Creamy chicken &
vegetable pie,
chicken gravy (G, D)

Breaded cod fillet
(E, G, F), pickled
onions, lemon
wedge & tartare
sauce (E)

VEGGIE MAINS

Maple beetroot & goats
cheese slice (G, D)

Korean style vegetable rice
bowl (So)

Vegetable gratin, crispy
quinoa topping (D)

Cheese & onion slice
(E, G, D)

Winter vegetable quiche
(E, G, D)

SIDES

Steamed rice, peas &
sweetcorn

Sweet chilli egg
noodles (E)
& stir-fried vegetables

Roast potatoes,
carrots, cabbage &
honeyed parsnips

Mash (D), green
beans & sweetcorn

Oven-baked chips,
baked beans &
peas

ENERGY BOOSTERS

Baked potatoes & baked
sweet potatoes with a
selection of fillings

50/50 Pasta

Baked potatoes &
baked sweet
potatoes with a
selection of fillings

50/50 Pasta

Margarita pizza
slice (G, D)

PUDDING

Apple & fruits of the forest
oaty crumble with custard
(G, D)

Apricot & white chocolate
flapjack
(G, So, D)

Banana & carrot muffin
(G, D, E So)

Rocky road cake
with vegan marshmallows
(G, D, So)

Fruit jellies

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

9 NOV, 7 DEC, 11 JAN, 8 FEB & 1 MAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

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

MAINS

Meat free Mondays:
Veggie bangers & mash (D)

Beef chilli con carne
with sour cream (D),
guacamole, salsa &
tortilla chips

Roast pork with
sage, onion &
apricot stuffing (G)

Lamb biryani with
minted yoghurt (D),
chutney & tomato,
onion & coriander
salad

★ Southern fried
chicken & lemon
mayonnaise (E, D)

VEGGIE MAINS

Vegetable & lentil
hotpot

West African vegetable stew

Creamy mushroom &
spinach rigatoni with
parmesan crumb (G, D)

Indian vegetable & lentil
korma

Sweet potato, pea & feta
frittata (E, D)

SIDES

Mash (D), carrots & peas

Rice, broccoli & sweetcorn

Roasted new
potatoes, sauteed
cabbage & carrots

Steamed rice,
poppadums & whole
green beans

Skinny fries, peas &
baked beans

ENERGY BOOSTERS

Baked potatoes & baked
sweet potatoes with a
selection of fillings

50/50 Pasta

Baked potatoes &
baked sweet
potatoes with a
selection of fillings

50/50 Pasta

Panini bar (G, D)

PUDDING

Chocolate chip cake,
chocolate sauce (G, E, D So)

Rice pudding with
raspberry compote
(D)

Coconut, pineapple &
honey yoghurt muffin
(G, E, D)

Gypsy tart (G, D)

Sugared ring doughnut
(G, D, E)

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SENIOR SCHOOL - WEEK 3

16 NOV, 14 DEC, 18 JAN & 8 MAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

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

MAINS

Meat free Mondays:
Macaroni & cheese with
toasted pumpkin seeds
(G, D)

Roast turkey, sage &
onion stuffing,
cranberry sauce (G)

Cumberland sausage
rings & onion gravy
(G, Su)

★ Nando's-style
chicken burgers
with nacho cheese
(G, D, E)

VEGGIE
MAINS

Vegetable chilli with
rice

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

Broccoli orzo pasta bake
with toasted seeds (G, D)

Vegetable & houmous wrap
(G, Se)

Curried vegetable stuffed
pepper with mint yoghurt
drizzle (D)

SIDES

Roasted med vegetables,
green beans

Roasted potatoes,
mashed root
vegetables & petit
pois

Mash (D) & country
mixed vegetables

Skin-on piri fries,
rainbow slaw (E),
peas & baked
beans

ENERGY
BOOSTERS

Baked potatoes & baked
sweet potatoes with a
selection of fillings

50/50 Pasta

Baked potatoes &
baked sweet
potatoes with a
selection of fillings

50/50 Pasta

Cornish vegan
pasty
(G, D, Ce)

PUDDING

Oaty plum crumble
with cream (G, D)

Themed pudding

Chocolate muffin (D, So, E)

Ginger cake (E, D)

Ice cream pots (D, So)

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SENIOR SCHOOL - WEEK 4

23 NOV, 25 JAN & 15 MAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

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MAINS

Meat free Mondays:
Meat free burgers with
cheese, gherkins & beef
tomato (G, D, Su)

Farringtons recipe
cottage pie with
gravy (D)

Herby roast chicken,
Yorkshire pudding &
chicken gravy
(G, D, E)

Pork & chorizo
jambalaya (G, Su)

★ Chicken katsu curry
with Japanese
pickles (G, E, So)

VEGGIE MAINS

Pesto pasta with
butternut squash &
parmesan (G, D, E)

Vegetable tagine

Sweet potato &
goats cheese tart
(G, D)

Butternut, rosemary
& ricotta lasagne
(G, D)

Vegetable taco with nacho
cheese topping (G, D)

SIDES

Potato croquettes (G),
coleslaw (E) &
mixed vegetables

Herb cous cous (G), peas &
carrots

Roast potatoes,
cauliflower & green
beans

Green vegetable
medley

Jasmine rice & stir-
fried mixed
vegetables

ENERGY BOOSTERS

Baked potatoes & baked
sweet potatoes with a
selection of fillings

50/50 Pasta

Baked potatoes &
baked sweet
potatoes with a
selection of fillings

50/50 Pasta

Porky hot dogs in a
wholemeal roll with
crispy onions
(G, Su, Se)

PUDDING

Lemon drizzle cake (G, E)

Apple puff with
custard (G, E, D)

Blueberry muffin (G, E)

Frosted carrot & banana
cake (G, D, E)

Churros & chocolate
sauce (G, So, E)

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