

Lunch Menu

PREP & PRE-PREP SCHOOL

(v) vegetarian, (vg) vegan

ALLERGENS: If you have an allergy or intolerance, please speak to a member of our catering team before you consume any food or drink. The written allergen information that we provide details the 14 major allergens that are contained in the ingredients. If you require further information about the presence of unintentional allergens (may contains), please ask us so that we can help you with your choice. If you are a regular customer, please continue to ask a member of our team as recipes and ingredients change.

Enjoy!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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The Allotment Garden - crudities with tasty dips, creatively displayed

ON THE TABLE - FAMILY SERVICE		Broccoli & Chantenay Carrots, Cream Cheese, Ciabatta Crumbs	Baby Corn & Green Peppers, Hummus, Crispy Onions	Asparagus & Sugar Snaps, Beetroot Dip, Wholemeal Crumbs	Yellow Peppers & Cauliflower, Mascarpone, Toasted Seeds	Flowerpots from The Allotment!
ON THE TABLE - FAMILY SERVICE	SIMPLE MAIN	Classic Pork Chipolatas with Gravy	Roasted Chicken Thigh with Separate Butter Curry Sauce	Pulled Lamb Shepherd's Pie	Classic Beef Lasagne	Home Breadcrded or Steamed Pollock Fillet
	SIMPLE ALTERNATIVE MAIN	Green Pea & Spinach Frittata	Plant-based 'Meatballs', with Separate Butter Curry Sauce	Falafels with Toasted Pita, Salads & Yoghurt	Roast Vegetable Lasagne	Classic Macaroni Cheese
	SIDES	Mashed Potatoes Crushed Carrots Cabbage	Steamed Rice Cauliflower Creamed Corn	Baby Potatoes Broccoli Swede & Carrot Mash	Garlic Bread Baked Roots Green Beans	Baked Wedges Mushy Peas Baked Beans
	DAILY DESSERT	Peach & Berry Sponge with Custard	Coconut Rice Pudding	Raspberry Blondie	Pear & Oat Crumble with Pouring Cream	Self-saucing Double Chocolate Pudding
	HOMEMADE GREEK YOGHURT POTS	Yoghurt Pots with Fruity Or Crunchy Toppings				
	FRESH FRUIT	Honeydew Melon Chunks	Pineapple Sticks	Green Apple Wedges	Cantaloupe Melon Chunks	Red Apple Wedges
From the counter - available as an alternative	MARKET FRESH - BAKED POTATOES & TODAY'S PASTA	Half or Whole Jacket Potato; Plain Pasta with Tomato Sauce, Baked Beans, Cheddar Cheese or Naked Tuna				



SENIOR SCHOOL LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARKET FRESH – SOUP	Sweet Potato, Red Onion & Spinach	Dukka Baked Carrot & Coriander	Chunky Vegetable & Cannellini Bean	Red Pepper, Courgette & Orzo Pasta	Roast Tomato & Herb Pistou	Honey Roast Parsnip & Bramley Apple	<p>Sunday Brunch</p> <p>Free Range Eggs Poached, Boiled or Fried</p> <p>Grilled Back Bacon Lincolnshire Sausage Quorn Sausages</p> <p>Black Pudding Plum Tomatoes Baked Beans Hash Browns Button Mushrooms</p> <p>Also available:</p> <p>Selection of Cereals with Dairy & Plant-based Milks</p> <p>Toasted Station with Speciality Breads, Spreads, Preserves & Toppings</p> <p>Yoghurt Bar with Berries, Fruit, Compotes & Toppings</p>
	Fresh Made Daily Soup Homemade Bread, Croutons, Toasted Seeds & Herby Pesto						
KITCHEN FAVOURITES / WORLD TOUR	Pork Cumberland Sausage Ring With Roasted Onion & Thyme Gravy	Butter Chicken Curry with Naan Breads, Poppadum's & Mango Chutney	Lamb Shepherd's Pie with Cheesy Mashed Potato Top	Classic Beef Lasagne 'Al Forno' with Mozzarella & Parmesan	Pollock Fillet – Fresh Battered or Poached With Tartar Sauce & Lemon Wedges	Turkey Stroganoff with Flat Leaf Parsley	
PLANT FOCUSED	Green Pea, Crumbled Feta & Spinach Frittata	Plant-based Donburi No-meatballs Tikka Masala	Falafels with Toasted Pita, Greek Salad & Tzatziki	Spinach & Ricotta Cannelloni with Roast Tomato Sauce	Macaroni Cheese with Herb Pesto & Crispy Onions	Chimichurri Roast Squash, Dirty Rice, Sour Cream & Pico De Gallo	
SIDE DISHES	Champ Mashed Potatoes Baked Carrots Steamed Savoy Cabbage	Pilau Rice Spiced Roast Cauliflower Creamed Corn	Crushed New Potatoes Steamed Broccoli Swede & Carrot Mash	Garlic & Herb Focaccia Honey Roast Roots Garlic Green Beans	Chunky Chips Mushy Peas Pickled Onions & Gherkins, Curry Sauce	Herby Steamed Rice Corn & Red Peppers Caesar Salad	
MARKET FRESH – JACKETS & PASTA	Freshly Baked Maris Piper or Sweet Potato Either Simply Done, Chilli Crusted or Hasselback Chilled Support Acts Featuring: Grated Cheddar or Naked Tuna						
	Baked Beans	Beef Bolognaise	Baked Beans	Lamb & Bean Tagine	Baked Beans	Chicken Tikka Curry	
	Wholemeal Penne	Gnocchi	Rigatoni	Wholemeal Fuseli	Gnocchi	Wholemeal Spaghetti	
	Chunky Pepper & Basil Ragu, Herb Pesto, Parmesan	Creamy Leek & Cheddar, Herb Pesto, Parmesan	Roast Tomato & Garlic, Herb Pesto, Parmesan	Creamed Broccoli & Pea, Herb Pesto, Parmesan	Tomato & Cream Cheese, Herb Pesto, Parmesan	Creamy Courgette & Basil, Herb Pesto, Parmesan	
SOMETHING SWEET	Peach & Berry Sponge with Custard	Coconut Rice Pudding with Mango Coulis	Triple Chocolate & Raspberry Brownie	Pear & Oat Crumble with Pouring Cream	Self-saucing Double Chocolate Pudding	Plum & Stem Ginger Steamed Pudding	
	Chocolate & Mint Mouse	Raspberry Blondie	Toffee Apple Fool	Banoffee Tartlet	Key Lime Cheesecake	Rhubarb & Vanilla Custard	
HOMEMADE GREEK YOGHURT	Passionfruit & Toasted Coconut	Raspberry & Lemon	Maple & Muesli	Blackberry & Honey	Stewed Apple & Brown Sugar	Roast Pineapple & Mint	
WHOLE & CUT FRUIT	Sliced & Potted Fruits Melons – Watermelon, Cantaloupe Or Honeydew, Pineapple, Orange Wedges or Mixed Grapes Fresh Whole Fruits with Weekly Seasonal Special						
MARKET FRESH – SALAD BAR	To include A selection of: Basics – Ripe Tomatoes, Chunky Cucumber, Grated Carrot, Sweetcorn, Leaves, Beetroot Grains – Red Quinoa, Giant Cous Cous, Herby Barley Proteins – Grated Cheddar, Naked Tuna, Boiled Eggs Finish – Toasted Seeds, Flavoured Croutons, Crispy Onions, Dressings & Flavoured Oils						
	Roasted Vegetable Orzo with Spinach & Pesto	Watermelon, Crumbled Feta & Mint	Classic Caesar Salad with Parmesan & Croutons	Roast Carrot, Red Onion with Nigella Seed & Rocket	New Potato Salad with Sweetcorn & Mustard Cress	Sweet Chilli Shredded Vegetables with Spring Onions & Coriander	

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