

*Senior Menu*



All dishes highlighted have one or more of the key features to make it a Future Proof Food dish.



All dishes highlighted have been requested by our pupils.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup Station</b>	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread
<b>Main course one</b>	Chicken Chow mien	 Locally Sourced Pork Sausage Creamy Potato & Balsamic & Caramelised Onion Gravy	Roast British Turkey	 Spaghetti Bolognese with Garlic & Rosemary Focaccia	<b>King's Chip Shop Friday</b> Battered or Breaded Sustainable Fish & Chips
<b>Vegetarian</b>	Vegan Summer Vegetable Sweet & Sour 	Vegan Sausage, Creamy Potato & Balsamic & Caramelised Onion Gravy 	Cumin Spiced Sweet Potato & Mushroom Wellington with Kale Pesto 	Courgette, Spinach & Baby Leek Gratin	<b>King's Chip Shop Friday</b> Chef Anne's Shortcrust Cheese & Onion Pie
<b>On the side</b>	Roasted Broccoli & Pickled Chilli Crispy Kale Salad Fragrant Prawn Crackers Lime & Coriander Rice	Braised Cabbage & Apple Steamed Garden Peas Creamy Mash Balsamic & caramelised onion gravy	Thyme roast potato Cauliflower Cheese Honey Roast Carrots Gravy Cranberry Thyme & rosemary Stuffing	Garlic & Rosemary Focaccia Sautéed Greens Basil & Spinach Slaw	Chunky chips Chip shop curry sauce Mushy Peas Tartare sauce
<b>Served Salad Bar / Deli Bar</b>	Lettuce Cucumber Tomato Sweetcorn Pasta Tuna Mayonnaise Grated Cheese	Lettuce Cucumber Tomato Sliced Chicken Croutons Parmesan Caesar Sauce	Lettuce Cucumber Tomato Peas Chicken Pesto Pasta	Lettuce Cucumber Tomato Grated Carrot Sliced Ham Grated Cheese	Lettuce Cucumber Tomato Grated Carrot
<b>Jacket Potato Bar</b>	Jacket Potato With Tuna Mayo, Sweetcorn & Spring Onion	Jacket Potato & Beans	Jacket Potato with Italian Sausage Stew	Jacket Potato with Thyme & Parmesan Mushroom	Jacket Potato with Beans & Cheese
<b>Dessert Station</b>	Sticky Toffee Pudding with Toffee Sauce 	Lemon Drizzle & Cream	Chocolate & Beetroot Brownie 	Peach & Raspberry Crumble Cake	Steamed Chocolate Pudding & Chocolate Sauce
<b>Fruit &amp; Yoghurt Pots</b>	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt




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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Station	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread
Main course one	Chef Sams's Spiced Mexican Beef Taco	Turkey Stroganoff, Baby Onions & Herbs	 Honey Roast Gammon	Chicken Tikka Masala	
Vegetarian	 Mixed Bean Quesadilla	Grilled Vegetable Moussaka	 Vegetable & Lentil Bake	 Aubergine, Bombay Potato & Coconut Curry	
On the side	Soft Shell & Hard Shell Taco Sweetcorn Mexican Style Rice Pico de Gallo Lime Crema Guacamole Chipotle Roast Peppers & Onion	Herb Farfalle Green Beans Shallot & Radish Dressing	Pineapple Relish Gravy Garlic & Thyme New potato Orange Glazed Carrots Steamed Broccoli	Braised Turmeric Rice Spiced Vegetable Dahl Coriander Corn	
Served Salad Bar (counter 2 & 4)	Lettuce Cucumber Tomato Sliced Chicken Croutons Parmesan Caesar Sauce	Lettuce Cucumber Tomato Sweetcorn Pasta Olives Feta	Lettuce Cucumber Tomato Sliced Chicken Bacon Pasta Mayonnaise	Lettuce Cucumber Tomato Sweetcorn Grated Carrot Noodles Hoisin Beef	
Jacket Potato Bar	Jacket Potato With Baked beans & Cheddar Cheese	Jacket Potato with Tuna Mayo	Jacket Potato  with red pepper & tomato pesto	Jacket Potato with Chicken Tikka	Jacket Potato Baked beans & cheese
Dessert Station	Mixed Fruit Sponge & Custard	Banana & Chocolate Bread & Toffee Sauce	Lemon Polenta Cake & Cream	Blondie	Chocolate Chip Cookies
Fruit & Yoghurt Pots	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main course one	<b>Meat Free Monday</b> Black bean, Sweet Potato Stew 	 Traditional Beef Lasagne	 Slow Roast British Beef Brisket	Chicken & Chorizo Paella	<b>Pizza Bar</b> Meat Feast Pizza
Vegetarian	Meat Free Chilli 	Pea, Goats Cheese & Basil Puff Pastry Bake	Mac 'n' cheese with parmesan crumb  	Cauliflower, Mushroom & Haricot Bean Pie 	Margarita Pizza Vegan Pizza 
On the side	Steamed rice Sweet Potato Wedges Broccoli Sweetcorn	Italian Herb Potato Hispi Cabbage Garlic Bread	Fluffy Yorkshire Pudding Roasted Potato Roasted Root Vegetables Gravy Horseradish	Potato Bravas Mediterranean Vegetable Green Beans	Seasoned Fries Chop House Salad Caesar Salad Baked Beans Kings Slaw
Served Salad Bar / Deli Bar (counter 2)	Lettuce Cucumber Tomato Sweetcorn Roasted Mediterranean Vegetables Halloumi	Lettuce Cucumber Tomato Sliced Chicken Croutons Parmesan Caesar Sauce	Lettuce Cucumber Tomato Sweetcorn Chicken Pasta Green Pesto	Lettuce Cucumber Tomato Sweetcorn Tuna Pasta New Potatoes Mayonnaise	Lettuce Cucumber Tomato Sweetcorn
Jacket or pasta	Jacket Potato & Beans & Cheese	Jacket Potato & Roasted Tomato, Lemon & Broccoli 	Jacket Potato & Creamy Squash, Pea & Basil	Jacket Potato & Chorizo & Cherry Tomato Stew	Jacket Potato & Beans
Dessert Station	Apple & Vanilla Oat Crumble	'Brookies'	Apple Flapjack	Lemon & Lime Drizzle	Triple Chocolate Pudding
Fruit & Yoghurt Pots	Fruit Salad Jelly Flavoured Yogurt	Fruit Salad Jelly Flavoured Yogurt	Fruit Salad Jelly Flavoured Yogurt	Fruit Salad Jelly Flavoured Yogurt	Fruit Salad Jelly Flavoured Yogurt