

LENT TERM MENU

MONDAY

LUNCH

Creamed Sweetcorn soup with Artisan Breads

Char Siu Pork with Egg Noodles

Chicken Shawarma

Roast Vegetable Shawarma (V)(F)

Roast Chick Pea Cous Cous, Houmous, Mint and Cucumber Yogurt, Pickled Red Cabbage, Skinny Fries

Baked Potato, Baked Beans

Iced Chocolate Cake, Fresh Fruit, Fruit Salad, Assorted Jellies

TUESDAY

LUNCH

Spiced Cauliflower Soup with Artisan Breads

Lasagne al Forno

Vegan Mince Lasagne

Tuna and Cheese Ciabatta

Cajun Wedges, Garlic Bread, Mixed Olives, Green Salad, Parmesan, Charred Broccoli

Baked Potato, Baked Beans, Penne Pasta Neapolitan

Tiramisu, Fresh Fruit, Fruit Salad, Assorted Jellies

WEDNESDAY

LUNCH

Classic Minestrone Soup with Artisan Breads

Macaroni Cheese with a Smoked Cheddar and Crispy Crumb Topping

Mushroom and Parmesan Risotto (V)(F)

Spanish Chicken Thighs

Roast Potatoes, Buttered Cabbage, Roasted Roots

Baked Potato, Baked Beans

Steamed Sultana Sponge with Custard, Fresh Fruit, Fruit Salad, Assorted Jellies

THURSDAY

LUNCH

Sweet Potato and Carrot Soup with Artisan Breads

Breaded Chicken Katsu Sauce/Sweet and Sour Sauce with Egg Fried Rice, Spring Rolls, Ginger & Soy Green Beans

Peppered Mackerel with Beetroot Salad

Vegetable Goulash With Steamed Rice.

Herb New Potatoes

Baked Potato, Baked Beans,, Fusilli Pasta with Chorizo and Peppers

Ice Cream Bar with Sauces and Toppings, Fresh Fruit, Fruit Salad, Assorted Jellies

FRIDAY

LUNCH

Cream of Mushroom Soup with Artisan Breads

Breaded Haddock, Lemon Sole Goujons served with Lemon & Tartare Sauce

Battered Jumbo

Fish Tales!!

Vegan Piri Piri Bean Burger (homemade)

Chips, Garden Peas, Mushy Peas, Baked Beans

Baked Potato, Baked Beans, Spaghetti & Tomato sauce

Peach and Rhubarb Crumble with Custard, Fresh Fruit, Fruit Salad, Assorted Jellies

SATURDAY

LUNCH

Vietnamese Coconut Soup with Artisan Breads

BAGUETTES

Honey Roast Gammon, Beef and Onion, Cajun Chicken Strips, Cajun Vegan fillets.

Crushed New Potato Salad, Creamed Sweetcorn Mixed Salad and Sauces

Baked Potato, Baked Beans

Raspberry and Lemon Crumble Cake, Fresh Fruit, Fruit Salad, Assorted Jellies

SUNDAY

