
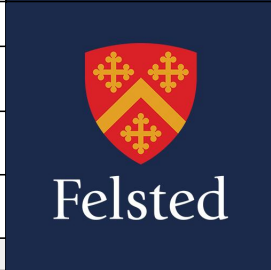



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
WEEK 1	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Brunch	
Main	Pork Escalope TonKatsu	Classic Beef Lasagne Gluten Free Available On Request	Roast Norfolk Turkey	Chicken Biryani	Battered Fish Of The Week GF available on request	Beef Bolognese GF available on request	Bacon & Pork Sausages GF	
Vegetarian	Sweet Potato, Spinach & Courgette Curry	Mediterranean Vegetables Lasagne VG	Vegetable & Quinoa Filled Pepper GF VG	Chickpea & Aubergine Madras	Red Onion & Goats Cheese Quiche	Tomato & Basil Sauce VG	Baked Beans VG GF	
Pasta Bar	Penne Roasted Pepper & Basil Sauce VG GF available on request	Jacket Potato Bar GF	Fusilli Beef Bolognese GF available on request	Moules Marinière with Crusty Bread	Macaroni Cheese GF available on request	Selection of Pasta	Hash Browns	
Jacket Potato	Jacket Potato & Sweet Potato with toppings in the Salad Bar GF / VG						Fried Egg GF	
Soup	Daily Homemade Soup with Fresh Artisan Bread GF bread available							
Side 1	Basmati Rice	Garlic Bread	Roast Potatoes GF	Chapatti	Chipped Potatoes GF	Broccoli GF		
Side 2	Pak Choi & Sauté Leeks	Lincolnshire Broccoli GF	Vegetable Medley	Babycorn & Sugarsnaps	Mushy Peas GF	Focaccia Bread Parmesan Cheese		
Dessert 1	YumYums					Selection of Cakes		
Dessert 2								
	Jelly							
	Fresh Fruits							
	Daily selection of GF and VG desserts							
	Supper	Supper	Supper	Supper	Supper	Supper		Supper
Main	Luxury Cod FishCake GF	Chicken Skewers Of The Week	Chinese Shredded Pork Bao Buns	Beef Meatballs Pomodoro Gluten Free available on Request	Duck Gyoza served in a Chilli Sauce	Chef's Takeaway		Meat Pizza
Vegetarian	Vegetarian Fish Finger	Spinach & Ricotta Torteltonni	Teriyaki Quorn & Vegetable Strips VG	Roasted Bean & Chilli Casserole GF VG	Vegetable Gyoza			Margerita Pizza
Pasta	Penne Tomato & Basil Gluten Free Available On Request	Fusilli with Basil & Spinach Pesto Gluten Free Available On Request	Pasta Pomodoro Gluten Free Available On Request	Penne Tomato & Basil Gluten Free Available On Request	Linguine Pomodoro Gluten Free Available On Request			
Side 1	Ziggy Fries GF	Fried Herb Potatoes	Vegetable Noodles	Buttered Spaghetti	Wild Vegetable Rice GF		Jacket Wedges	
Side 2	Garden Peas GF	Roasted Courgette/Red Onion	Pickled Red Cabbage GF	Fine Beans	Prawn Crackers GF		Sweetcorn	
	Gluten Free Available on Request	Gluten Free Available on Request	Gluten Free Available on Request	Gluten Free Available on Request	Gluten Free Available on Request	Gluten Free Available on Request		
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar		Salad Bar	
Dessert	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts		Selection of Desserts	
	Jelly							
	Fresh Fruits							
	Daily Selection Of GF & VG Desserts							

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 2	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Brunch
Main	BBQ Chicken Legs	Sausage of the Week <i>GF available on request</i>	Topside of Beef <i>GF</i> served with Yorkshire Pudding <i>Gluten & Gravy</i>	Street Food: Chicken Souvlaki <i>GF</i>	Breaded Wholetail Scampi <i>Gluten Free Available On Request</i>	Pasta Beef Bolognese	Bacon & Pork Sausages <i>GF</i>
Vegetarian	Vegetable Puff Pastry Basket	Cajun Vegetable & Black Eyed Bean Stew	Plant Based Chorizo & Pepper Risotto	Toasted Fregola Beef Steak Tomato	Flat Mushroom Stuffed with BBQ Halloumi & Roasted Pepper	Tomato & Basil Sauce	Baked Beans <i>GF</i>
Pasta Bar	Rigatoni served with Turkey Mince Bolognese	Jacket Potato Bar: Selection Of Fillings <i>GF</i>	Bagels: Selection of Fillings served with Potato Crisps <i>GF Available & Vegan</i>	Farfalle served with Nut Free Green Pesto <i>VG Gluten Free Available On Request</i>	Penne with Tomato & Herb Sauce <i>VG Gluten Free Available On Request</i>	<i>Gluten Free Available On Request</i>	Hash Browns <i>GF</i>
Jacket Potato	Jacket Potato & Sweet Potato with toppings in the Salad Bar <i>GF VG</i>						Fried Egg <i>GF</i>
Soup	Daily Homemade Soup with Fresh Artisan Bread <i>GF bread available</i>						
Side 1	Sweet Potato Fries <i>GF</i>	Creamed Potatoes	Roast Potato/Gravy <i>GF</i>	Crisscut Potatoes Yoghurt Mustard & Honey Dip	Chipped Potatoes <i>GF</i>	Sauté Cherry Tomatoes & Courgettes <i>GF</i>	
Side 2	Babycorn	Baked Beans	Buttered Vichy Carrots & Parsnips	Sauté Courgettes <i>GF</i>	Garden Peas <i>GF</i>	Garlic Bread & Parmesan Cheese	
Dessert 1	American Style Doughnuts					Selection of cakes	
Dessert 2							
	Jellies						
	Fresh Fruits						
	Daily Selection Of <i>GF & VG</i> Desserts						
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
Main	Cuban Style Beef Escalope	Gochujang Chicken	Sweet & Sour Crispy Chicken <i>GF Available On Request</i>	Chilli Con Carne	Carnitas (Mexican style pulled pork)	Chef's Takeaway	Roast Chicken <i>GF</i> With Sage Stuffing <i>GLUTEN</i>
Vegetarian	Chiquin Vegan Strips Fajita Style <i>VG</i>	Hoi Sin Mock Lamb	Falafel Pomodoro	Grilled Halloumi & Vegetables Burger <i>GF</i> Roll <i>GLUTEN Vegan Available</i>	Spicy Bean Burger Burger <i>VG</i>		Vegetable & Bean Roast Loaf <i>VG</i>
Pasta	Rigatoni Pomodoro	Fusilli with a Basilico Sauce	Spaghetti Tomato Sce	Conchiglie served with Tomato & Herb Sauce	Penne Pomodoro Sauce		
Side 1	Chimichurri Spaghetti	Udon Noodles	Vegetable Rice	Nachos/ Wraps	Hash Browns		Roast Potatoes <i>GF</i>
Side 2	Roasted Peppers	Sauteed Chinese Leaves	Sweetcorn	Sour Cream/Salsa	Green Salad		Carrots Cauliflower & Gravy <i>GF</i>
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar		Salad Bar
Dessert							Selection of Desserts
	Fresh Fruits						
	Daily Selection Of <i>GF & VG</i> Desserts						

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
WEEK 3	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Brunch	
Main	Chicken Korma GF	Olive & Apricot Lamb Tagine	Honey Roast Gammon GF	Street Food: Singapore Chilli Chicken Gluten Free Available	Breaded Wholetail Scampi Gluten Free Available	Pasta Beef Bolognese Gluten Free Available On Request	Bacon & Pork Sausages GF	
Vegetarian	Quorn & Vegetable Dhal	Sticky Teriyaki Bites	Creamy Mushrooms Served on A Rosti	Vegetable Spring Roll VG	Zucchini Fritters	Basilico Sauce VG	Baked Beans GF	
Pasta Bar	Caprese Gnocchi	Penne with Meatballs & Parmesan Cheese	Assorted Paninis with Salad & Crisps Gluten Free Available On Request	Farfalle Tomato & Basil VG Gluten Free Available	Linguine with Roasted Pepper Pesto			
Jacket Potato	Jacket Potato & Sweet Potato with toppings in the Salad Bar GF/ VG							
Soup	Daily Homemade Soup with Fresh Artisan Bread Gluten Free Bread Available							
Side 1	Basmati Rice/Poppadoms GF	Couscous	New Potatoes GF	Basmati Rice GF	Chipped Potatoes GF	Lincolnshire Broccoli GF		
Side 2	Sag Aloo GF	Vegetable Ratatouille	Cauliflower Cheese	Oriental Vegetable & Edamame GF	Garden Peas	Garlic Ciabatta & Parmesan Cheese		
Dessert 1						Selection of cakes		
Dessert 2	Assorted Beignets							
	Jelly							
	Fresh Fruits							
	Daily Selection Of GF & VG Desserts							
	Supper	Supper	Supper	Supper	Supper	Supper		Supper
Main	Classic Beef Bolognese Gluten Free available On Request	Breaded Chicken Escalope	Meat Calzone Gluten Free Available	Battered Sausage	Beef Massaman Curry	Takeaway		Spaghetti Carbonara
Vegetarian	Chickpea & Butternut Squash in A Tomato Sauce	Halloumi & Vegetable Wrap VG Available	Calzone Margherita Vegan Available	Sweet Potato Falafel Burger VG	Thai Quorn Stir Fry VG			Mushroom & Pepper Cream Sauce
Pasta		Penne Pomodoro VG Gluten Free Available	Fusilli Pomodoro VG Gluten Free Available	Rigatoni with Tomato & Basil Sauce VG Gluten Free Available	Fusilli with a Tomato Herb Sauce VG Gluten Free Available			
Side 1	Buttered Spaghetti GF Available	Seasoned Jacket Wedges GF	Tangy Italian ColeslawSalad	French Fries GF	Bombay Potatoes	Takeaway	Sweetcorn GF	
Side 2	Sauté Peppers GF & Focaccia Bread	Broccoli	Panko Onion Rings	Mushy Peas GF	Mini Naan Bread		Garlic Bread	
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar		Salad Bar	
							Selection of Desserts	
	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits		Fresh Fruits	
	Jellies							
	Daily Selection Of GF & VG Desserts							

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch
Chipolatas GF	Grilled Bacon GF	Croissants GF Available	Bacon GF	Sausages GF	Bacon GF	Bacon & Pork Sausages GF
Baked Beans GF	Baked Beans GF	Pain au Chocolat	Baked Beans GF	Baked Beans/Mushrooms GF	Baked Beans GF VG	Baked Beans GF VG
Potato Smiles GF	Potato Waffles GF	Continental Bread Selection, Boiled Egg	Scrambled Egg GF	Fried Eggs GF	Eggy Bread	Hash Browns,GF VG Fried Eggs GF
Homemade Pancakes		Homemade Pancakes		Homemade Pancakes		
Porridge Bar	Porridge Bar	Porridge Bar	Porridge Bar	Porridge Bar	Porridge Bar	Porridge Bar
Milk Porridge	Milk Porridge	Milk Porridge	Milk Porridge	Milk Porridge	Milk Porridge	Milk Porridge
Dried Mango & Dried Banana	Dried Apricot & Dried Goji Berries	Dried Mango & Dried Banana	Dried Apricot & Dried Goji Berries	Dried Mango & Dried Banana	Dried Apricot & Dried Goji Berries	Dried Mango & Dried Banana
Homemade Bircher Muesli	Homemade Bircher Muesli	Homemade Bircher Muesli	Homemade Bircher Muesli	Homemade Bircher Muesli	Homemade Bircher Muesli	Homemade Bircher Muesli
Salami slices	Pastrami slices	Ham slices	Chorizo slices	Ham slices	Pastrami slices	Ham
Gouda Cheese Slices	Brie Slices	Emmental Slices	Smoked Cheddar Slices	Gruyere Slices	Red Leicester Cheese Slices	Cheddar Cheese Slices
Greek Yoghurt	Greek Yoghurt	Greek Yoghurt	Greek Yoghurt	Greek Yoghurt	Greek Yoghurt	Greek Yoghurt
Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt
Dried Dates & Dried Banana	Dried Apricot & Dried Prunes	Dried Dates & Dried Banana	Dried Apricot & Dried Prunes	Dried Dates & Dried Banana	Dried Apricot & Dried Prunes	Dried Dates & Dried Banana
Mixed Fruit Topping	Mixed Fruit Topping	Mixed Fruit Topping	Mixed Fruit Topping	Mixed Fruit Topping	Mixed Fruit Topping	Mixed Fruit Topping
Fresh Fruits Selection	Fresh Fruits Selection	Fresh Fruits Selection	Fresh Fruits Selection	Fresh Fruits Selection	Fresh Fruits Selection	Fresh Fruits Selection
Petit Pains	Petit Pains	Petit Pains	Petit Pains	Petit Pains	Petit Pains	Petit Pains
Toast	Toast	Toast	Toast	Toast	Toast	Toast
Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee
Fresh Juice & Smoothie	Fresh Juice & Smoothie	Fresh Juice & Smoothie	Fresh Juice & Smoothie	Fresh Juice & Smoothie	Fresh Juice & Smoothie	Fresh Juice & Smoothie

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