

## WEEKLY MENU: Years 3 - 6 and Senior School

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Selection of home Baked Breads, Croutons and Sprinkles				
Soup 1	Carrot and Coriander	Pea and Mint	Classic Minestrone	Spicy Sweet Potato	Spinach and Tomato
Soup 2	Chef's Soup of the Day				
Main Meal	Creamy Turkey and Ham Pie topped with Shortcrust Pastry	Cumberland Sausages Sauté Onions Gravy	Katsu Chicken Curry	Battered Fish (catch of the day) served with Tartare Sauce and Lemon	Roast Chicken Leg with Thyme and Garlic
Vegetarian	Sweet Potato, Leek Cherry Tomato Pie topped with Puff Pastry	Vegetarian Sausages with Sauté Onions and Gravy	Chickpea, Spinach & Sweet Potato Curry Mango Chutney Onion and Coriander Salad	Veggie Nuggets with BBQ Sauce	Tofu and Mixed Bean Burrito Topped with Spicy Tomato Sauce and Sour Cream
Sides	Chive New Potato Broccoli Carrots	Mashed Potato Green Beans Cauliflower	Rainbow Rice Naan Bread Spinach & Cauliflower	Chunky Chips Peas Mushy Peas	Roast Potato with Rosemary Savoy Cabbage
	<i>Prep School Jackets</i>	<i>Prep School Pasta</i>	<i>Prep School Jackets</i>	<i>Prep School Pasta</i>	<i>Prep School Jackets</i>
Pasta	Tomato and Basil	Creamy Mushroom	Béchamel Sauce with Goats' Cheese	Chicken Tagine	Spaghetti in a rich Tomato Sauce
Jackets	Baked Beans Grated Cheese Chefs Filling of the Day	Baked Beans Grated Cheese Chefs Filling of the Day	Baked Beans Grated Cheese Chefs Filling of the Day	Baked Beans Grated Cheese Chefs Filling of the Day	Baked Beans Grated Cheese Chefs Filling of the Day
Something Sweet	Treacle Tart with Custard	Upside Down Raspberry Cheesecake	Sticky Pear and Stem Ginger Cake with Cream	Chocolate Sponge with Chocolate Sauce	Dessert Station

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Selection of home Baked Breads, Croutons and Sprinkles				
Soup 1	Creamy Parsnip	Tom Yum Hot and Sour	Leek and Potato	Chickpea Broth	Potato and Dill
Soup 2	Chef's Soup of the Day				
Main Meal	Sticky Lemon Chicken Thighs with Salsa Verde	Beef Brisket Sub Rolls with Red Slaw and BBQ Sauce	Chicken Korma with Poppadum's and Mango Chutney	Turkey Bolognaise with Parmesan and Roquette Salad	Salmon and Spring Onion Pasta Bake with a Parsley Crumb
Vegetarian	Pea and Spring Onion Fritter with Fennel Salad and Mint Yoghurt	Sweet Chilli Tempeh with Pak Choi and Radish	Chickpea and Lentil Curry	Soya Mince Bolognaise with Roquette Salad	Mixed Bean Burger with Korean Hot Sauce
Sides	Roasted Ginger and Garlic Potato Corn on the Cob	Harissa Rissole Potatoes Shredded Greens	Basmati Rice Onion Bhaji Mint Raita	Spaghetti Garlic Bread Peas	Sugar Snaps Peas French Beans
	<i>Prep School Pasta</i>	<i>Prep School Jackets</i>	<i>Prep School Pasta</i>	<i>Prep School Jackets</i>	<i>Prep School Pasta</i>
Pasta	Roasted Aubergine Tomato and Olive	Simple Tomato	Stir Fry Vegetables in Soy Sauce and Ginger	Three Cheese Gnocchi	Creamy Leek and Parsley
Jackets	Baked Beans Grated Cheese Chefs Filling of the Day	Baked Beans Grated Cheese Chefs Filling of the Day	Baked Beans Grated Cheese Chefs Filling of the Day	Baked Beans Grated Cheese Chefs Filling of the Day	Baked Beans Grated Cheese Chefs Filling of the Day
Something Sweet	Jam and Coconut sponge	Banoffee Cake	Chocolate Brownie with White Chocolate Sauce	Classic Apple Crumble	Dessert Station

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Selection of home Baked Breads, Croutons and Sprinkles				
Soup 1	Roasted Squash	Creamy Mushroom and Chive	Thai Noodle	Tomato and Basil	Cream of Vegetable
Soup 2	Chef's Soup of the Day				
Main Meal	Beef Pad Thai with Mixed Vegetables and Egg Noodles	Southern Fried Chicken with Garlic Mayo	Lamb Kofta Kebabs served in a Tortilla Wrap with Chilli and Lime Yoghurt	Giant Fish Fingers with Homemade Ketchup	Roasted Chicken Leg with Sage and Onion Stuffing
Vegetarian	Jackfruit and Smoked Tofu Pad Thai with Coriander and Rice Noodles	Margherita Pizza	Vegetable Samosa with Mango Chutney	Mac 'N' Cheese	Broad Bean Pea & Chervil Risotto with Parmesan
Sides	Asian Style Vegetables	Cajun Potato Wedges Corn on the Cob BBQ Beans	Spicy Rice with Mixed Peppers Red Cabbage	Roasted New Potatoes Peas	Roast Potatoes Broccoli Carrots
	<i>Prep School Jackets</i>	<i>Prep School Pasta</i>	<i>Prep School Jackets</i>	<i>Prep School Pasta</i>	<i>Prep School Jackets</i>
Pasta	Simple Tomato Sauce	Creamy Leek and Wild Mushroom	Mexican Style Beef Chilli	Tomato and Oregano	Classic Cheese Sauce
Jackets	BBQ beans Grated Cheese Chefs Filling of the Day	Loaded Jacket Skins with Cheese and Spring Onion	Baked Beans Grated Cheese Chefs Filling of the Day	Baked Beans Grated Cheese Chefs Filling of the Day	Baked Beans Grated Cheese Chefs Filling of the Day
Something Sweet	Orange and Marmalade Cake	Toffee Rice Crispy Square	Blueberry Sponge	Chocolate Puddle Pudding	Dessert Station