

LUNCH MENU

Michaelmas Term

Monday

Sweet Pepper Soup

Beef Bolognaise
Vegan Bolognaise
Spiced Lamb Ragu

Garlic Bread
Penne Pasta
Roasted Vegetables
Broccoli

Jacket Potato
Baked Beans
Cheese

Fruit
Apple and Plum Crumble
Custard

Free From Crumble
Soya Custard

Jellies, Mousse, Yoghurt
Station

Tuesday

Sweet Potato and Carrot
Soup

Chicken, Chorizo and
Cannellini Bean Stew
Cauliflower Stew
Pulled Pork Flatbread

Yoghurt Dressing
Salt Roast Potatoes
Courgette Butternut
Squash

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Pineapple Upside down
Cake
Custard

Free from Pineapple
Upside down Cake
Soya Custard

Wednesday

White Bean Chowder

Beef Barbacoa
Butternut Squash Taco
Turkey Chilli

Guacamole
Potato Wedges
Corn on the Cob
Baked Beans
Salsa

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Chocolate Rice Pudding

Free from, Soya Rice
Pudding

Jellies, Mousse, Yoghurt
Station

Thursday

Pea and Spinach Soup

Roast Pork and Apple
Sauce
Squash and Feta Bake
Chicken and Sweetcorn Pie

Roast Potatoes
Cabbage
Carrots
Sage and Onion Stuffing

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Cornflake Tart
Custard

Free From Jam Shortbread
Soya Custard

Jellies, Mousse, Yoghurt
Station

Friday

Red Lentil Soup

Battered Fish or Fishfingers
Quorn Nuggets
Pork Sausages

Chips
Baked Beans
Garden Peas
Curry Sauce
Tartare Sauce

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Syrup Sponge
Custard

Free From Syrup Sponge
Soya Custard

Jellies, Mousse, Yoghurt
Station

Saturday

Spanish Chicken
Quorn Shawarma
Chefs Special

Potato Bravas
Summer Beans
Courgettes with Harissa
Spice

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Cookie Selection

Free From Cookies

Jellies, Mousse, Yoghurt
Station

Sunday

Grilled Bacon
Pork Sausages
Vegan Sausages
Halal Sausages

Black Pudding
Hash Browns
Baked Beans
Grilled Tomato
Sauteed Mushrooms
Fried Egg

Fruit

Jellies, Mousse, Yoghurt
Station

Jellies, Mousse, Yoghurt
Station

A selection of Baked Potatoes, Pasta & salads with specials will be available each day. Jellies, Yoghurt, Toppings & Whole Fruit available each day.

WEEK 1

All our meals are freshly made

LUNCH MENU

Michaelmas Term

Monday

Thai Carrot and Lemongrass Soup

Traditional Beef Lasagne
Quorn and Roasted Vegetable Lasagne
Kerela Chicken Leg

Garlic Bread
Ratatouille
Green Beans

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Caramelised Dutch Apple Pudding and Custard

Free From Apple Pudding
Soya Custard

Jellies, Mousse, Yoghurt Station

Tuesday

Cream of Mushroom

Jerk Pork Steak
Aubergine and Potato Tumbet
Lamb Kofta Kebab

Rice and Peas
Coriander and Chilli Half
Corn Cob
Baked Lemon and Herb Courgettes

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Lemon Syrup Sponge
Pudding
Custard

Free From Syrup Sponge

Jellies, Mousse, Yoghurt Station

Wednesday

Sweet Potato and Coconut

Chicken Katsu and Kimchi
Sweet Potato Katsu
Crispy Tofu in a Bao Bun

Sticky Coconut Rice
Stir Fry Vegetables

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Apple, Date and Carrot
Cake with Cream

Free from, Carrot Cake

Jellies, Mousse, Yoghurt Station

Thursday

Chickpea and Harissa

Roast Honey Glazed Ham
Vegetarian Toad in the Hole with Red Onion Gravy
Roast Boneless Chicken Thigh

Parsley Potatoes
Yorkshire Pudding
Sage and Onion Stuffing
Savoy Cabbage
Carrots

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Steamed Chocolate Sponge
Pudding and Custard

Free From Chocolate
Sponge and Soya Custard

Jellies, Mousse, Yoghurt Station

Friday

Courgette and Pea Soup with Pesto

Battered Fish
Cajun Chicken Burger
Quorn Dipper

Chips
Baked Beans
Garden Peas
Curry Sauce
Tartare Sauce

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Toffee Apple Strudel
Chantilly Cream

Free From Apple Strudel

Jellies, Mousse, Yoghurt Station

Saturday

Breaded BBQ Chicken Wrap
BBQ Vegetable Wrap

Crispy Nachos
Battered Onion Rings
Red Onion and Cheese
Loaded Skins

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Vanilla Cupcakes

Free From Vanilla Cupcakes

Jellies, Mousse, Yoghurt Station

Sunday

Grilled Bacon
Pork Sausages
Vegan Sausages
Halal Sausages

Black Pudding
Hash Browns
Baked Beans
Grilled Tomato
Sauteed Mushrooms
Fried Egg

Fruit

Jellies, Mousse, Yoghurt Station

A selection of Baked Potatoes, Pasta & salads with specials will be available each day. Jellies, Yoghurt, Toppings & Whole Fruit available each day.

WEEK 2

All our meals are freshly made

LUNCH MENU

Michaelmas Term

Monday

Leek and Butterbean Soup

Butter Chicken Curry
Sticky BBQ Quorn Pitta
Greek Pork Wrap

Basmati Rice
Naan Bread
Green Beans
Sweetcorn

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Apple and Rhubarb
Crumble and Custard

Free From Apple and
Rhubarb Crumble
Soya Custard

Jellies, Mousse, Yoghurt
Station

Tuesday

Pea and Mint Soup

Traditional Cottage Pie
Curried Lentil and Swede
Shepherd's Pie
Chicken Skewers with
Aubergine, Sumac Onions
and Spiced Yoghurt

Steamed Rice
Broccoli
Cauliflower
Gravy

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Banana Marble Sponge
Custard

Free From Marble Sponge

Jellies, Mousse, Yoghurt
Station

Wednesday

Spiced Cauliflower Soup

Pork Sausage
Vegetarian Sausage
Mexican Beef Burrito

Mashed Potato
Glazed Carrots and Peas
Onion Gravy

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Sweet Waffles
Chocolate Sauce

Free From Waffles
Chocolate Sauce

Jellies, Mousse, Yoghurt
Station

Thursday

Minestrone Soup

Roast Beef and Horseradish
Sauce
Cheese, Leek and Potato
Pie
Pork Stroganoff and Rice

Roast Potatoes
Steamed Carrots
Roast Parsnips
Yorkshire Puddings
Gravy

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Key Lime Pie

Free From Key Lime Pie

Jellies, Mousse, Yoghurt
Station

Friday

Mushroom and Ginger
Soup

Battered Fish
Vegetarian Meatball Sub
Grilled Gammon

Chips
Baked Beans
Garden Peas
Curry Sauce
Tartare Sauce

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Steamed Pineapple and
Ginger Sponge

Free From Pineapple and
Ginger Sponge

Jellies, Mousse, Yoghurt
Station

Saturday

Buffalo Chicken Burger
Sweet Potato and Bean
Burger

Skinny Fries
BBQ Beans
Corn on the Cob
Onion Rings

Jacket Potato
Pasta
Baked Beans
Cheese

Fruit
Lemon Tart

Free From Lemon Tart

Jellies, Mousse, Yoghurt
Station

Sunday

Grilled Bacon
Pork Sausages
Vegan Sausages
Halal Sausages

Black Pudding
Hash Browns
Baked Beans
Grilled Tomato
Sautéed Mushrooms
Fried Egg

Fruit

Jellies, Mousse, Yoghurt
Station

A selection of Baked Potatoes, Pasta & salads with specials will be available each day. Jellies, Yoghurt, Toppings & Whole Fruit available each day.

WEEK 3

All our meals are freshly made