



W/C 07 October 2019: Lunch Menu

Monday

Beef bourguignon with mashed potato and fresh seasonal vegetables*
(V) Vegetable casserole with mashed potato and fresh seasonal vegetables
Crackers and cheese

Tuesday

Honey roasted gammon with roast potatoes, carrots and peas*
(V) Stuffed peppers with roast potatoes, carrots and peas
Strawberry mousse

Wednesday

Beef lasagne with homemade crusty bread and mixed salad*
(V) Quorn lasagne homemade crusty bread and mixed salad
Steamed chocolate sponge with chocolate sauce

Thursday

Sweet 'n' sour pork with egg noodles*
(V) Vegetable stir fry and egg noodles
Apple and blackberry pie with custard

Friday

Fish fingers with chips and peas*
(V) Tempura vegetables with chips and peas
Sticky toffee pudding

Saturday

Chicken and chorizo pasta bake with fresh bread and salad
Vegetable pasta bake with fresh bread and salad
Fruity flapjack

Sunday

Sandwich buffet

- *Gluten free options:*
Mon: Within options
Tues: Within options
Wed: Beef with gluten free pasta
Thurs: Stir-fry chicken with rice
Fri: GF burger

Daily selection of core items to include mixed leaves and fresh cut salad, with accompaniments, toppings and dressings, for pupils and staff to 'pick and mix' a salad of their choice to suit their own personal taste.

Fresh bread to complete the offer.

A selection of seasonal fresh fruit served in peak condition, ripened and ready to eat.

Variety of homemade yogurt pots available daily.