

## Senior and Junior Menus Autumn Term 2018

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Celeriac and Butter Bean Soup Freshly Baked Bread	Minestrone Soup Freshly Baked Bread	Leek and Potato Soup Freshly Baked Bread	Tomato and Basil Soup Freshly Baked Bread	Spiced Carrot and Lentil Soup Freshly Baked Bread
(H) Shepherd's Pie with Minted Gravy (H) Garlic and Herb Marinated Chicken Leg with Fajita Spiced Rice	Handmade Pizza (including vegetarian option) (H) Penang Turkey Curry with Coconut Rice	(H) Roast Turkey Breast, Sage and Onion Stuffing, Cranberry Sauce and Gravy Fishcake of the Week	(H) Breaded Chicken Fillet with katsu Curry Sauce and Sticky Rice Gnocchi Bolognese al Forno	Battered Cod with Tartar Sauce Burger Bar
(V) Mac 'n' Cheese	(V) Vietnamese Vegetable Curry with Coconut Rice	(V) Baked Provencal Pepper topped with Halloumi	(V) Sweet Potato and Spinach Samosa with Katsu Curry Sauce and Sticky Rice	(V) Falafel Fritters, Khobez Bread, Coriander and Lime Yoghurt
Salsa Verde Potatoes Buttered Carrots Sweet Corn and Peas	Chipped Potatoes Baked Beans Broccoli, Courgette and Peas	Sage and Onion Roast Potatoes Honey Roast Root Vegetables Savoy Cabbage	Bombay Spiced Potatoes Cumin Roast Cauliflower Florets Coriander Pesto Carrots	Chipped Potatoes Moroccan Roast Peppers Garden and Mushy Peas
Jacket Potato & Pasta Bar Baked Beans (V) Mushroom Carbonara Sauce Beef Bolognese	Jacket Potato & Pasta Bar Baked Beans (V) Cajun Vegetable Sauce Creamy Salmon and Dill Sauce	Jacket Potato & Pasta Bar Baked Beans (V) Quorn Bolognese (H) Cheesy Chicken Sauce	Jacket Potato & Pasta Bar Baked Beans (V) Creamy Basil Pesto and Julienne Vegetables (H) Italian Turkey and Vegetable Sauce	Jacket Potato & Pasta Bar Baked Beans (V) Tomato and Basil Sauce BBQ Ham Sauce
Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar
Marbled Sponge & Custard Cherry and Coconut Flapjack Assorted Jelly Pots Yoghurt Bar Whole and Sliced Fruit	Apple Pie with Custard Banoffee Pots Assorted Jelly Pots Yoghurt Bar Whole and Sliced Fruit	Peach and Marmalade Bread and Butter Pudding with Custard Chocolate Brownie Assorted Jelly Pots Yoghurt Bar Whole and Sliced Fruit	Steamed Syrup Sponge with Custard Orange Polenta Cake Assorted Jelly Pots Yoghurt Bar Whole and Sliced Fruit	Apple, Pear and Ginger Cobbler with Custard Lemon and Raspberry Meringue Cheese Cake Pots Assorted Jelly Pots Yoghurt Bar Whole and Sliced Fruit

V = vegetarian / H = halal

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**Week 2**

Monday	Tuesday	Wednesday	Thursday	Friday
Carrot and Coriander Soup Freshly Baked Bread	Italian Bean Soup Freshly Baked Bread	Spiced Cauliflower and Lentil Soup Freshly Baked Bread	Sweet Potato and Squash Soup Freshly Baked Bread	Tomato and Roast Pepper Soup Freshly Baked Bread
Chicken and Chorizo Paella  Tuna and Mozzarella Ciabatta Melt	(H) Chicken and Vegetable Short Crust Pie with Gravy  Beef Lasagne	Jamaican Jerk Roast Gammon, BBQ Sauce, Rice 'n' Peas  (H) Moroccan Harissa lamb Kebabs, Pitta Bread, Cucumber Yoghurt Sauce	Ghanaian Beef Curry with Jollof Rice  Pulled Ham Hock Mac 'n' Cheese	Battered Pollack with Tartar Sauce  Street Food Special
(V)Smoky Bean Chilli with Rice	(V) Quorn and Vegetable Chimichanga	(V) Louisiana Vegetable and Tomato Jambalaya	(V) Goats Cheese and Caramelised Red Onion Tart	(V)Halloumi Fritters, Tortilla Wrap, Guacamole and Salsa
Patatas Bravas Market Mixed Vegetables Baked Beans	Chipped Potatoes Buttered Carrots Broccoli Florets	Rosemary and Garlic Roast Potatoes Lightly Spiced Roast Carrots Mixed Greens	Spicy Roast Mid-Season Potatoes Pesto Dressed Roast Mediterranean Vegetables Sweet Corn	Chipped Potatoes Seasonal Vegetables Garden or Mushy Peas
Jacket Potato & Pasta Bar Baked Beans (V) Sundried Tomato and Basil Sauce Beef Bolognese	Jacket Potato & Pasta Bar Baked Beans (V) Mediterranean Vegetable and Tomato Sauce (H) Chicken Arrabiata Sauce	Jacket Potato & Pasta Bar Baked Beans (V) Creamy Mushroom Sauce Chorizo in a Spanish Smoked Paprika Sauce	Jacket Potato & Pasta Bar Baked Beans (V) Quorn Balls in Tomato Sauce (H) Chicken Carbonara	Jacket Potato & Pasta Bar Baked Beans (V) Three Cheese Sauce Spicy Sausage Sauce
Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar
Lemon Curd Sponge with Custard Banana Flapjack Assorted Jelly Pots Yogurt Bar Whole and Sliced Fruit	Cardamom Infused Rice Pudding with Mango Sauce Carrot Cake Assorted Jelly Pots Yogurt Bar Whole and Sliced Fruit	Chocolate Sponge with Chocolate Sauce CHS Mess Assorted Jelly Pots Yogurt Bar Whole and Sliced Fruit	Apple and Cinnamon Crumble with Custard Raspberry, Blueberry and Lime Drizzle Cake Assorted Jelly Pot Yogurt Bar Whole and Sliced Fruit	Treacle Tart with Custard Chocolate Crispy Cake Assorted Jelly Pots Yogurt Bar Whole and Sliced Fruit

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## Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Cream of Mushroom Soup Freshly Baked Bread	Vegetable Broth Soup Freshly Baked Bread	Cream of Sweet Corn Soup Freshly Baked Bread	Roast Root Vegetable Soup Freshly Baked Bread	Tomato and Basil Soup Freshly Baked Bread
Pimlott,s Cumberland Sausage, with Caramelised Onion Gravy  (H) Turkey Fajitas, Guacamole, Salsa and Soured Cream	Toasted Panini Selection  Beef Bourguignon Horseradish Mash Cottage Pie	Roast Pork Loin, Apricot Stuffing, Apple Sauce and Gravy  (H) Lamb Hotpot with Pickled Red Cabbage	(H) Chicken Tikka Masala with Pilau Rice  (H) Smoky Beef Chimichanga	Battered Cod and Tartar Sauce  (H) Southern Style Chicken Fillet Sandwich
(V) Roast Tomato and Rocket Pesto Barley Risotto	(V) Spanish Style Baked Seasonal Vegetable Tortilla	(V) Spinach and Ricotta Filo Parcel	(V) Grilled Cheddar Cheese on Toasted Bloomer Bread	(V) Southern Style Quorn Sandwich
Mashed Potatoes Green Beans Baked Beans	Chipped Potatoes Broccoli Florets Carrot, Sweet Corn and Peas	Roast Potatoes Roast Root Vegetables Wilted Kale	Herby New Potatoes BBQ Baked Beans Chilli and Garlic Green Beans	Chipped Potatoes Ratatouille Garden and Mushy Peas
Jacket Potato & Pasta Bar  Baked Beans (V) Roast Pepper Sauce (H) Lamb Ragout	Jacket Potato & Pasta Bar  Baked Beans (V) Piri Piri Quorn Sauce (H) Chicken and Mushroom	Jacket Potato & Pasta Bar  Baked Beans (V) Creamy Mushroom Sauce Beef Bolognese	Jacket Potato & Pasta Bar  Baked Beans (V) Quorn Chorizo in Tomato and Paprika Sauce Bacon Carbonara	Jacket Potato & Pasta Bar  Baked Beans (V) Tomato and Basil Sauce (H) Italian Turkey and Olive Sauce
Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar	Fresh Salad Deli and Sandwich Bar
Pineapple Upside-down Sponge with Custard Apricot and Cranberry Flapjack Assorted Jelly Pots Yogurt Bar Whole and Sliced Fruit	Apple and Blackberry Oaty Crumble with Custard Assorted Muffins Assorted Jelly Pots Yogurt Bar Whole and Sliced Fruit	Lemon and Vanilla Rice Pudding Millionaires Shortbread Assorted Jelly Pots Yogurt Bar Whole and Sliced Fruit	Sticky Toffee Pudding & Custard St. Clements Tart Assorted Jelly Pots Yogurt Bar Whole and Sliced Fruit	Jam Roly Poly with Custard Salted Caramel Chocolate Pots Assorted Jelly Pots Yogurt Bar Whole and Sliced Fruit

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