

WEEK 3 LUNCH MENU

Monday

spaghetti bolognese
vegetarian bolognese
with Quorn mince

pasta in roasted red
pepper sauce

garlic bread
peas & sweetcorn

chocolate sponge with
chocolate sauce

Tuesday

tandoori style chicken
marinated in spices &
yoghurt with fresh
coriander

meat-free chicken in
tandoori sauce

aubergine, sweet potato
& squash katsu curry

pasta in tomato sauce

jasmine rice
prawn crackers

Biscoff cheesecake

Wednesday

beef pie topped with
Teresa's shortcrust
pastry

king oyster mushrooms
with spiced cauliflower
on brown rice

pesto pasta

mashed potatoes
green beans
sugar snap peas

iced sponge with
sprinkles

Thursday

honey & grain mustard
baked gammon

roasted meat-free steak

ratatouille tray bake
with parmesan crust

pasta in
bolognese sauce

roasted potatoes
with thyme
steamed broccoli

apple crumble with
custard

Friday

fish goujons in batter

fishless fish

gnocchi, asparagus &
courgette in tomato
sauce

pasta with chicken in
white sauce with fresh
herbs

tartare sauce
lemon wedges
skinny fries
petit pois
baked beans

rice pudding with jam

A range of fresh tasty salads, protein items and baked potatoes with hot and cold toppings are also available daily
Yoghurt, chilled deserts and freshly cut and whole fruit are also served.

WE ARE A NUT AND SESAME FREE SCHOOL