MIDDLE & UPPER SCHOOL

WEEK 1 AUTUMN TERM

MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Seasonal Soup Available Daily with Croutons, Chilli Flakes, Sunflower Seeds and Pumpkin Seeds				
Bread	Freshly Baked Flavoured Breads				
Main	Laksa Malay Chicken and Vegetables	Korean Mince Beef	Roast Gammon, Traditional Gravy & Yorkshire Puddings	Traditional Beef Lasagne Al Forna	Battered Fish, Battered Sausages, Halal Chicken & Chunky Chips
Vegetarian main	Vegetables Laska Tofu	Curious Vegan Mince	Roast Squash and Bean Roll with Gravy	Roasted Vegetables & Lentil Lasagne with Garlic Bread	Fishless Fish Fingers
	Our pasta and jacket bars are served with daily chefs special, baked beans and tomato sauce				
Sides	Pilau Rice, Flat Bread, Broccoli & Green Peas	Savoy Cabbage, Noodles & Sweetcorn	Roast Potatoes, Steamed Carrots & Parsnips	Rosemary Potatoes, Green Beans & Cauliflower	Baked Beans, Mushy Peas & Sweetcorn
Dessert	Coconut Jam Tart	Carrot Cake	Yoghurt and fruit Compote	Choc and Orange Cake with Cream	Jelly
Big bowl salad	Asian Slaw	Ceasar Salad	Greek Salad	Tomato, Mozzerella and Red Onion Salad	Carrot, Cucumber & Cranberry
Everyday salads	Tomatoes, Carrots, Cheese, Peppers, Sweetcorn, Grated Carrot, Mixed Leaf Salad, Toppings and Sauces				
Fruit bar	Daily Selections of Pears, Apples, Banana, Mixed Grapes and Melons				
Yoghurt bar	Natural Yoghurt, Honey, Oats, Granola				

MIDDLE & UPPER SCHOOL

WEEK 2 AUTUMN TERM

MENU	Meat Free Monday!	Tuesday	Wednesday	Thursday	Friday
Soup	Seasonal Soup Available Daily with Croutons, Chilli Flakes, Sunflower Seeds and Pumpkin Seeds				
Bread	Freshly Baked Flavoured Breads				
Main	Meat Free Mac n Cheese with Garlic Bread	Sweet and Sour Chicken	Szechaun Beef and Peppers	Pizza Pepperoni	Battered Fish, Steamed Fish (plain), Gluten Free Fish
Vegetarian main	Sweet Potato and Bean Enchiladas without Cheese	Miso Aubergine Stir Fry	Szechaun Plant Mince Peppers	Focaccia Pizza, Gluten Free Pizza	Cauliflower Cheese Pasta Bake
	Jacket & Sweet Potatoes Available Daily				
Sides	Sweetcorn & Green beans	Carrots, Egg Fried Rice, Savoy Cabbage	Sweetcorn, Carrots & Noodles	Wedges & Green Beans	Chunky Chips, Lemon Peas & Baked Beans
Dessert	Orange Cheese Cake	Apple Crumble & Custard	Rocky Road	Fresh Fruit Salad	Carrot Cake
Big bowl salad	Kachumber Salad	Cheesy Coleslaw	Russian Salad	Garden Salad	Caesar Salad
Everyday salads	Tomatoes, Carrots, Cheese, Peppers, Sweetcorn, Grated Carrot, Mixed Leaf Salad, Toppings and Sauces				
Fruit bar	Daily Selections of Pears, Apples, Banana, Mixed Grapes and Melons				
Yoghurt bar	Natural Yoghurt, Honey, Oats, Granola				

MIDDLE & UPPER SCHOOL

WEEK 3 AUTUMN TERM

MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Seasonal Soup Available Daily with Croutons, Chilli Flakes, Sunflower Seeds and Pumpkin Seeds				
Bread	Freshly Baked Flavoured Breads				
Main	Beef Chilli Con Carne, Taco Shells, Sour Cream & Mexican Rice	Jerk Chicken with Rice n Peas	Lemon and Thyme Roast chicken with Traditional Gravy	Cumberland Sausage & Gravy	Gluten Free Fish, Sausages & Battered Fish
Vegetarian main	Bang Bang Cauliflower, Firecracker Sauce with Rice Noodles	Spinach and Ricotta Cannelloni with Cheese	Candied Beetroot & Goats Cheese Tart	Vegetarian Sausages with Gravy	Vegetarian Pad Thai
	Jacket & Sweet Potatoes Available Daily				
Sides	Green Beans, Sweetcorn	Carrots & Green Beans	Swede, Parsnips and Roast Potatoes	Mash, Peas & Carrots	Chunky Chips, Baked Beans & Mushy Peas
Dessert	Fruity Chocolate Flapjacks	Apple Cake and Custard	Marble Cake	Fresh Fruit Salad	No Waste Banana Cake
Big bowl salad	Tabbouleh	Mushroom Spinach and Tomato Salad	Salad Nicoise	Kale Feta and Courgette	Chicory Pears & Toasted Seeds
Everyday salads	Tomatoes, Carrots, Cheese, Peppers, Sweetcorn, Grated Carrot, Mixed Leaf Salad, Toppings and Sauces				
Fruit bar	Daily Selections of Pears, Apples, Banana, Mixed Grapes and Melons				
Yoghurt bar	Natural Yoghurt, Honey, Oats, Granola				