



# What's for Lunch?

Autumn Term 2017 week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Parsnip and Bramley Apple Soup	Roast Pumpkin Soup	Bacon and Red Lentil Soup	White Bean and Carrot	Chef's Soup of The Day
The Main Event	Ham and Leek Pie	American Double Pepperoni Pizza	Thai Green Chicken Curry	Hungarian Beef Goulash	Fish of the Day in Batter with Tartare Sauce and Lemon Wedge
Meat Free Zone	Roast Butternut Squash and Sage Risotto	Red Onion, Sweetcorn & Mushroom Pizza with Rocket	Aubergine Roll Stuffed with Goats Cheese	Mac 'n' Cheese with Smoked Paprika	Sweet Potato and Spring Onion Frittata
.....and to go with	Root Veg Medley Green Beans Colcannon Mash Jacket Potato	Sweetcorn Barbeque Baked Beans Herby Wedges Jacket Potato	Lemon and Coriander Rice Stir Fry Veg Sautéed Courgettes Jacket Potato	Creamy Mash Potato Chunky Carrots Steamed Cauliflower Jacket Potato	Mushy Peas Baked Beans Chipped Potatoes Jacket Potato
The Bistro Bite	Chicken Drumsticks with paprika and Garlic	Singapore Noodles	Chicken & Pesto Toastie	Ham, Grain Mustard and Mozzarella Panini	Sausage and Apple Roll
Sandwich special	Mozzarella and tomato wrap	Multigrain Roast beef with horseradish mayo	Mature cheddar, spring onion and apple baguette	Roast Chicken salad bloomer	Wholemeal Brie and bacon
Salad Bar	Choose from a selection of freshly prepared salads, toppings and dressings				
Scrummy puds!!	Strawberry & Orange Shortbread	Baked Flapjack Apples with Crème Fraiche	Apricot Bread and Butter Pudding	Banoffee Pie	Double Chocolate Muffins
Sweet sensations!	Key lime pie	Chocolate mousse with raspberry coulis	Strawberry pavlova	Banana custard with grated chocolate	Lemon posset
Fruit and yoghurt	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

*If you have a food allergy or intolerance and require information about ingredients, please ask a member of our team*



# What's for Lunch?

Autumn Term 2017 week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup station</b>	Spiced Autumn Soup	Cream of Chicken Soup	Roast Plum Tomato and Olive Soup	Pistou Soup with Herby Sippets	Chef's soup of the day
<b>The Main Event</b>	Bacon and Pea Carbonara Al Forno	Chilli Con Carne with Sour Cream and Nachos	Chicken Schnitzel	Shanghai- Style Braised Pork	Fish of the Day in Batter with Tartare Sauce and Lemon Wedge
<b>Meat Free Zone</b>	Root Veg Rosti with Salsa	Veggie Feijoada (Brazilian Stew) with Flat Bread	Pearl Barley Risotto with Turnip, Mushroom and Leek	Deep Filled Homity Pie	Halloumi Marinated in Lemon, Parsley and Chilli
<b>.....and to go with</b>	Garlic and Parsley Foccacia Jacket Potatoes Sautéed Courgettes Creamed Spinach	Mexican Rice Jacket Potato Sweet Potato Wedges Sweetcorn	Parmentier Potatoes Jacket Potatoes Braised White Cabbage Roasted Butternut Squash	Lemon Rice Jacket Potato Broad Beans with Tarragon Buttered Leeks	Chipped Potatoes Jacket Potato Garden Peas with Mint Baked Beans
<b>The Bistro Bite</b>	Courgette and spinach Frittata	Cheese and Bean Pastry	Chicken, salsa and yogurt burrito	Cumberland sausage baguette	Baked 3 bean burrito with sour cream and salsa
<b>Sandwich special</b>	Multigrain cheddar ploughmans	Chicken and avocado salad baguette	Bacon, lettuce and tomato bloomer	Wholemeal poached salmon with dill mayo	Cheddar and coleslaw
<b>Salad Bar</b>	Choose from a selection of freshly prepared salads, toppings and dressings				
<b>Scrummy puds!!</b>	Baked Rice Pudding with Strawberry Compote	Chocolate Fudge Cake with Chocolate Sauce	Caramelised apple flan	Vanilla Cheesecake with Honeycomb	White Chocolate & Cherry Cookies
<b>Sweet sensations!</b>	Cinnamon and apple fool	Strawberry Cheesecake	Creme brulee	Fruit trifle	Fresh fruit salad
<b>Fruit and yoghurt</b>	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

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# What's for Lunch?

Autumn term 2017 week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup station</b>	Red Lentil, Chickpea & Chilli Soup	Pea and Ham Soup	Black Bean Soup	Field Mushroom and Tarragon	Chef's Soup of The Day
<b>The Main Event</b>	Beef Cobbler with Cheddar & Rosemary Scone	Mexican Fish Pie	Mustard Glazed Ham	Chicken Korma	Fish of The Day with Tartare Sauce and Lemon Wedge
<b>Meat Free Zone</b>	Early Autumn Provençale Bake	Roasted Red Pepper Risotto	Butternut and Ricotta Lasagne	Sweet Potato & White Bean Chilli	Spicy Chickpea Burgers
<b>.....and to go with</b>	Creamy Mash Potato Green Beans with Garlic Sweetcorn Jacket Potatoes	Garlic Bread Beetroot and Aubergine Medley Cannellini Beans with Spinach Jacket Potatoes	Rosemary Roast Potatoes Carrots with Lemon and Parsley Broad Beans Jacket Potatoes	Coconut Rice Onion Bajiis Turmeric Cauliflower with Butternut Jacket Potatoes	Baked Beans Mushy Peas Chipped Potatoes Jacket Potatoes
<b>The Bistro Bite</b>	Cheddar Cheese & Onion Toaties	Jerk Chicken Drumsticks	Three Cheese Quesadillas with Guacamole	Hotdogs with Onions & Mustard	Med Veg Calzone
<b>Sandwich special</b>	Brie and apricot chutney baguette	Avocado, Mozzarella, tomato and basil bloomer	Roast turkey, cranberry and rocket rustic granary roll	Roast lamb and chargrilled aubergine flat bread with minted yogurt	Chicken and sweetcorn mayo baguette
<b>Salad Bar</b>	Choose from a selection of freshly prepared salads, toppings and dressings				
<b>Scrummy puds!!</b>	Lemon Cupcakes with Icing	Apple and Blackberry Crumble with Vanilla Custard	Cherry Pie with Cream	Toffee and Banana Cake	Dessert selection
<b>Sweet sensations!</b>	Toffee mousse with biscuit crumb	Lemon dessert pot	Banana fool with chocolate krispies	Strawberry and summer fruits jelly	Vanilla ice cream with fruit coulis
<b>Fruit and yoghurt</b>	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

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# What's for Lunch?

Autumn term 2017 week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Classic Tomato & Basil	Vegetable Broth	Hungarian Mushroom Soup with Dill	Roast Apple & Squash	Chef's soup of the day
The Main Event	Honey & Mustard Chicken with Lemon	Bacon and Egg Pie	Build Your Own Burger!	Chicken and Chorizo Casserole	Catch of the day with homemade tartare and lemon wedge
Meat Free Zone	Veggie Cottage Pie with Sweet Potato Topping	Pumpkin & Courgette Patties	Green Lentil Moussaka	Stuffed Sweet Potatoes with Chickpeas	Halloumi and Med Veg Bake
.....and to go with	Thyme Roasted New Pots Jacket Potatoes Sautéed Bell Peppers Roasted Butternut with Pumpkin Seeds	Creamed Mash with Parsley Jacket Potatoes Braised Savoy Cabbage Glazed Carrots	Mixed Herb Wedges Jacket Potatoes Smokey BBQ Beans Corn on the Cob	Sun Dried Tomato Focaccia Jacket Potatoes Green Beans Baked Plum Tomatoes	Baked Beans Minted Peas Chipped Potatoes Jacket Potatoes
The Bistro Bite	Fishfinger wrap with mixed leaves and homemade tartare	Hot Pepperoni & Cheese Baguette	Empanadas	Mozzarella, Tomato and Red Pesto Panini	Mixed Cheese Pizza Bread
Sandwich special	Ham and gruyere salad baguette	Chicken, bacon and guacamole wrap	Two cheese and red onion chutney on multigrain	Roast beef and horseradish salad bloomer	Egg mayonnaise and rocket granary roll
Salad Bar	Choose from a selection of freshly prepared salads, toppings and dressings				
Scrummy puds!!	Strawberry & Orange Shortbread	Baked Plum Pudding with Custard	American Chocolate Ripple Cheesecake	Classic Rocky Road	Raspberry & Peach Cake
Sweet sensations!	Fresh fruit salad pot	Strawberry jelly with vanilla pannacotta	Banoffee ripple pot	Cookies and cream pot	Sweet pot selection
Fruit and yoghurt	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

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