



What's for Lunch?

Autumn First Half Term 2018/19

(NB. Our Menus are on a 3 week cycle)

Week commencing

[3 September](#)

[10 September](#)

[17 September](#)

[24 September](#)

[1 October](#)

[8 October](#)

15 Oct INSET WEEK

-----Half Term-----

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



Key
 v = suitable for vegetarians
 p = suitable for vegetarians and vegans

What's for Lunch?

Week 1 - Weeks commencing 3 September and 24 September

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Parsnip and Bramley Apple Soup (p)	Roast Pumpkin Soup (p)	Red Lentil Soup (p)	White Bean and Carrot (p)	Chef's Soup of The Day
The Main Event	Ham and Leek Pie	Four Seasons 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 cherry tomatoes	Sweet Potato and Spring Onion Frittata
Plant based choice	Roast Butternut Squash and Sage Risotto (p)	Vegan cheese and mushroom pizza with basil (p)	Thai green tofu curry (p)	Pasta napolitan topped with vegan cheese (p)	Sweet potato and spring onion hash (p)
.....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	Vegetable chow mein	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	Five bean salad	Feta & Courgette Tabboleh	Avocado, basil and wholemeal pasta	Halloumi with Lemony Lentils & Chickpeas	Classic Chicken Caesar Salad
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 and custard	Banoffee Pie	Double Chocolate Muffins
Sweet sensations!	Fresh fruit salad pot	Banana custard with grated chocolate	Strawberry pavlova	Chocolate mousse with raspberry coulis	Lemon posset
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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What's for Lunch?

Week 2 - Weeks commencing 10 September and 1 October

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Spiced Autumn Soup (p)	Cream of Chicken Soup	Roast Plum Tomato and Olive Soup (p)	Pistou Soup with Herby Sippets	Chef's soup of the day
The Main Event	Bacon and Pea Carbonara Al Forno	Chilli Con Carne with Sour Cream and Nachos	Build Your Own Burger!	Shanghai-Style Braised Pork	Fish of the Day in Batter with Tartare Sauce and Lemon Wedge
Meat Free Zone	Root Veg Rosti with Salsa (v)	Veggie Feijoada (Brazilian Stew) with Flat Bread (v)	Pearl Barley Risotto with Turnip, Mushroom and Leek (v)	Deep Filled Homity Pie (v)	Halloumi Marinated in Lemon, Parsley and Chilli (v)
Plant based food	Root Veg Rosti with Salsa (p)	Vegan mince chilli with nachos (p)	Pearl Barley Risotto with Turnip, Mushroom and Leek (p)	Vegetarian sausage baguette (p)	Baked 3 bean burrito with vegan cheese(p)
.....and to go with	Garlic and Parsley Foccacia Jacket Potatoes Sautéed Courgettes Creamed Spinach	Mexican Rice Jacket Potato Sweet Potato Wedges Sweetcorn	Mixed Herb Wedges Jacket Potatoes Smokey BBQ Beans Corn on the Cob	Lemon Rice Jacket Potato Broad Beans with Tarragon Buttered Leeks	Chipped Potatoes Jacket Potato Garden Peas with Mint Baked Beans
The Bistro Bite	Fishfinger taco with pea and mint salsa	Courgette and spinach Frittata	Naked chicken, salsa and yogurt burrito bowl with cous cous	Cumberland sausage baguette	Baked 3 bean burrito with sour cream and salsa
Sandwich special	Multigrain cheddar ploughmans	Chicken and avocado salad baguette	Bacon, lettuce and tomato bloomer	Wholemeal poached salmon with dill mayo	Cheddar and coleslaw
Feature salad	Beef tomato and mozzarella	Mexican bean salad with tortillas	Giant cous cous with roasted vegetables	Minted melon, tomato and procuitto	Feta, Fennel and Orange
Scrummy puds!!	Baked Rice Pudding with Strawberry Compote	Chocolate Fudge Cake with Chocolate Sauce	Caramelised apple flan	Vanilla Cheesecake with Honeycomb	White Chocolate & Cherry Cookies
Sweet sensations!	Cinnamon and apple fool	Strawberry Cheesecake	Creme brulee	Fruit trifle	Fresh fruit salad
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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Week 3 - Weeks commencing 17 September and 8 October

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Red Lentil, Chickpea & Chilli Soup (p)	Watercress and spinach (p)	Classic Tomato & Basil (p)	Field Mushroom and Tarragon (v)	Chef's Soup of The Day
The Main Event	Butcher's sausages with rich onion gravy	Mexican Fish Pie	Mustard Glazed Ham	Chicken Katsu	Fish of The Day with Tartare Sauce and Lemon Wedge
Meat Free Zone	Early Autumn Provençale Bake (v)	Roasted Red Pepper Risotto (v)	Butternut and Ricotta Lasagne(v)	Sweet Potato & White Bean Chilli (v)	Spicy Chickpea Burger in a soft bap (v)
Plant based food	Early Autumn Provençale Bake(p)	Vegan Roasted Red Pepper Risotto (p)	Pasta pomodoro (p)	Sweet Potato & White Bean Chilli (p)	Spicy Chickpea Burger in soft bap (p)
.....and to go with	Braised Savoy Cabbage Glazed Carrots 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
The Bistro Bite	Cheddar Cheese & Onion Toasties	Jerk Chicken Drumsticks	Three Cheese Quesadillas with Guacamole	Mozzarella, Tomato and Red Pesto Panini	Med Veg Calzone
Sandwich special	Brie and apricot chutney baguette	Avocado, Mozzarella, tomato and basil bloomer	Roast turkey, cranberry and rocket rustic granary roll	lamb and chargrilled aubergine flat bread with minted yogurt	Chicken and sweetcorn mayo baguette
Feature salad	Sweet potato, green lentil and Feta	Parma Ham, Pear and stilton	Moroccan chickpea and quinoa	Roasted butternut, pumpkin and rocket	Giant cous cous with sundried tomatoes and peppers
Scrummy puds!!	Lemon Cupcakes with Icing	Apple and Blackberry Crumble with Custard	Cherry Pie with Cream	Toffee and Banana Cake	Dessert selection
Sweet sensations!	Toffee mousse with biscuit crumb	Lemon dessert pot	Banana fool with chocolate krispies	Strawberry and summer fruits jelly	Vanilla ice cream with fruit coulis
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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