

# LUNCH MENU

# Michaelmas Term

## Monday

Sweet Pepper Soup

Beef Bolognaise  
Vegan Bolognaise  
Spiced Lamb Ragu

Garlic Bread  
Penne Pasta  
Roasted Vegetables

Jacket Potato  
Baked Beans  
Cheese

Fruit  
Apple and Plum Crumble  
Custard

Free From Crumble  
Soya Custard

Jellies, Mousse, Yoghurt  
Station

## Tuesday

Sweet Potato and Carrot  
Soup

Chicken, Chorizo and  
Cannellini Bean Stew  
Cauliflower Stew  
Pulled Pork Flatbread

Yoghurt Dressing  
Salt Roast Potatoes  
Courgette Butternut  
Squash

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Pineapple Upside Down Cake  
Custard

Free from Pineapple  
Upside Down Cake  
Soya Custard

Jellies, Mousse, Yoghurt  
Station

## Wednesday

White Bean Chowder

Beef Barbacoa  
Butternut Squash Taco  
Turkey Chilli

Guacamole  
Potato Wedges  
Corn on the Cob  
Salsa

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Chocolate Rice Pudding

Free from, Soya Rice  
Pudding

Jellies, Mousse, Yoghurt  
Station

## Thursday

Pea and Spinach Soup

Roast Pork and Apple  
Sauce  
Squash and Feta Bake  
Chicken and Sweetcorn Pie

Roast Potatoes  
Cabbage  
Carrots  
Sage and Onion Stuffing

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Cornflake Tart  
Custard

Free From Jam Shortbread  
Soya Custard

Jellies, Mousse, Yoghurt  
Station

## Friday

Red Lentil Soup

Battered Fish or Fishfingers  
Quorn Nuggets  
Cumberland Sausages

Chips  
Baked Beans  
Garden Peas  
Curry Sauce  
Tartare Sauce

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Syrup Sponge  
Custard

Free From Syrup Sponge  
Soya Custard

Jellies, Mousse, Yoghurt  
Station

## Saturday

Spanish Chicken  
Quorn Shawarma  
Chefs Special

Potato Bravas  
Summer Beans  
Courgettes with Harissa  
Spice

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Cookie Selection

Free From Cookies

Jellies, Mousse, Yoghurt  
Station

## Sunday

Grilled Bacon  
Pork Sausages  
Vegan Sausages  
Halal Sausages

Black Pudding  
Hash Browns  
Baked Beans  
Grilled Tomato  
Sauteed Mushrooms

Fruit

Jellies, Mousse, Yoghurt  
Station

A selection of Baked Potatoes, Pasta & salads with specials will be available each day. Jellies, Yoghurt, Toppings & Whole Fruit available each day.

WEEK 1

All our meals are freshly made

# LUNCH MENU

# Michaelmas Term

## Monday

Thai Carrot and Lemongrass Soup

Traditional Beef Lasagne  
Quorn and Roasted Vegetable Lasagne  
Kerela Chicken Leg

Garlic Bread  
Ratatouille  
Green Beans

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Caramelised Dutch Apple Pudding and Custard

Free From Apple Pudding  
Soya Custard

Jellies, Mousse, Yoghurt Station

## Tuesday

Cream of Mushroom

Jerk Pork Steak  
Aubergine and Potato Tumbet  
Lamb Kofta Kebab

Rice and Peas  
Coriander and Chilli Half  
Corn Cob  
Baked Lemon and Herb Courgettes

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Lemon Syrup Sponge  
Pudding  
Custard

Free From Syrup Sponge

Jellies, Mousse, Yoghurt Station

## Wednesday

Sweet Potato and Coconut

Chicken Katsu and Kimchi  
Sweet Potato Katsu  
Crispy Tofu in a Bao Bun

Sticky Coconut Rice  
Stir Fry Vegetables

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Apple, Date and Carrot  
Cake with Cream

Free from, Carrot Cake

Jellies, Mousse, Yoghurt Station

## Thursday

Chickpea and Harissa

Roast Honey Glazed Ham  
Vegetarian Toad in the Hole with Red Onion Gravy  
Roast Boneless Chicken Thigh

Parsley Potatoes  
Yorkshire Pudding  
Sage and Onion Stuffing  
Savoy Cabbage  
Carrots

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Steamed Chocolate Sponge  
Pudding and Custard

Free From Chocolate  
Sponge and Soya Custard

Jellies, Mousse, Yoghurt Station

## Friday

Courgette and Pea Soup with Pesto

Battered Fish  
Cajun Chicken Burger  
Quorn Dipper

Chips  
Baked Beans  
Garden Peas  
Curry Sauce  
Tartare Sauce

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Toffee Apple Strudel  
Chantilly Cream

Free From Apple Strudel

Jellies, Mousse, Yoghurt Station

## Saturday

Breaded BBQ Chicken Wrap  
BBQ Vegetable Wrap

Crispy Nachos  
Battered Onion Rings  
Red Onion and Cheese  
Loaded Skins

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Vanilla Cupcakes

Free From Vanilla Cupcakes

Jellies, Mousse, Yoghurt Station

## Sunday

Grilled Bacon  
Pork Sausages  
Vegan Sausages  
Halal Sausages

Black Pudding  
Hash Browns  
Baked Beans  
Grilled Tomato  
Sauteed Mushrooms

Fruit

Jellies, Mousse, Yoghurt Station

A selection of Baked Potatoes, Pasta & salads with specials will be available each day. Jellies, Yoghurt, Toppings & Whole Fruit available each day.

WEEK 2

All our meals are freshly made

# LUNCH MENU

# Michaelmas Term

## Monday

Leek and Butterbean Soup

Butter Chicken Curry  
Sticky BBQ Quorn Pitta  
Greek Pork Wrap

Basmati Rice  
Naan Bread  
Green Beans  
Sweetcorn

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Apple and Rhubarb  
Crumble and Custard

Free From Apple and  
Rhubarb Crumble  
Soya Custard

Jellies, Mousse, Yoghurt  
Station

## Tuesday

Pea and Mint Soup

Traditional Cottage Pie  
Curried Lentil and Swede  
Shepherd's Pie  
Chicken Skewers with  
Aubergine, Sumac Onions  
and Spiced Yoghurt

Broccoli  
Cauliflower  
Gravy

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Banana Marble Sponge  
Custard

Free From Marble Sponge

Jellies, Mousse, Yoghurt  
Station

## Wednesday

Spiced Cauliflower Soup

Pork Sausage  
Vegetarian Sausage  
Mexican Beef Burrito

Mashed Potato  
Glazed Carrots and Peas  
Onion Gravy

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Sweet Waffles  
Chocolate Sauce

Free From Waffles  
Chocolate Sauce

Jellies, Mousse, Yoghurt  
Station

## Thursday

Minestrone Soup

Roast Beef and Horseradish  
Sauce  
Cheese, Leek and Potato  
Pie  
Pork Stroganoff and Rice

Roast Potatoes  
Sauté Cabbage  
Roast Parsnips  
Yorkshire Puddings  
Gravy

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Key Lime Pie

Free From Key Lime Pie

Jellies, Mousse, Yoghurt  
Station

## Friday

Mushroom and Ginger  
Soup

Battered Fish  
Vegetarian Meatball Sub  
Crispy Fishfinger Wrap

Chips  
Baked Beans  
Garden Peas  
Curry Sauce  
Tartare Sauce

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Steamed Pineapple and  
Ginger Sponge

Free From Pineapple and  
Ginger Sponge

Jellies, Mousse, Yoghurt  
Station

## Saturday

Buffalo Chicken Burger  
Sweet Potato and Bean  
Burger

Skinny Fries  
BBQ Beans  
Corn on the Cob  
Onion Rings

Jacket Potato  
Pasta  
Baked Beans  
Cheese

Fruit  
Lemon Tart

Free From Lemon Tart

Jellies, Mousse, Yoghurt  
Station

## Sunday

Grilled Bacon  
Pork Sausages  
Vegan Sausages  
Halal Sausages

Black Pudding  
Hash Browns  
Baked Beans  
Grilled Tomato  
Sautéed Mushrooms

Fruit

Jellies, Mousse, Yoghurt  
Station

A selection of Baked Potatoes, Pasta & salads with specials will be available each day. Jellies, Yoghurt, Toppings & Whole Fruit available each day.

WEEK 3

All our meals are freshly made