

# Lunch Menu

Week 1  
Summer Term

Meat FREE  
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Soup**

Available for the staff, Form FVI or on request

Soup of the day

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

**Main Meal**

PASTA BAR  
Tuna, Pesto, Tomato, Cheese  
(M,G, Se, E, F)

Creamy Mash  
Topped with a Choice of Sausages  
(G)

Roasted Turkey Breast & Yorkshire Pudding  
(E,M,G,So)

Beef Meatballs  
Tomato Sauce & Fusilli Pasta  
(G)

Chicken Goujons  
Or Vegetable Goujons  
(G,So)

**Veggie Meal**

Moroccan Cous-Cous  
(G, Se)

Red Pepper & Courgette lasagne  
(M,G,E)

Crunchy Vegetable Frittata  
(E)

Quorn Meatballs  
Tomato Sauce & Fusilli Pasta  
(G, So)

Mushroom and Parmesan Risotto  
(M)

**Served With**

Mixed Salad  
Garlic Bread  
(G)

Baked beans  
Peas

Roast Potatoes  
Glazed carrots  
Green Beans  
(G, M)

Sweetcorn  
Broccoli

Roasted New Potatoes  
Mixed Salad

**Dessert**

Fresh Fruit  
Yoghurt  
(M)

Syrup Sponge & Custard  
(G, E, M)

Arctic Roll  
(G, M, E, So)

Oat & Raisin Cookies  
(G, M, Su)

Marble Cake  
(E,G,So)

**Available Daily: Jacket Potatoes with Toppings | Salad Bar | Pasta upon request**

**Available Daily: A selection of Whole Fresh Fruit, Fruit Pots, or Yoghurt  
Gluten Free and Milk Free alternatives are available for Main Meals and Desserts**

EST 1988 CATERING SERVICES | **Connect**  
Dietary Information: Ce - Celery | Cr - Crustaceans | E - Eggs | F - Fish | G - Gluten | L - Lupin | M - Milk | Mo - Molluscs | Mu - Mustard | N - Tree Nuts | P - Peanuts | Se - Sesame | So - Soya | Su - Sulphites Bread products bought in 'may contain sesame' but we avoid using sesame seeds



# Lunch Menu

Week 2  
Summer Term

**Meat FREE**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Soup**

Available for the staff, Form FVI or on request

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

**Served with Freshly Made Bread**

**Main Meal**

Tomato & Basil Fusilli topped with Grated Cheddar  
**(G, M, )**

Chicken Curry & Basmati Rice  
**(G,Mu,M)**

Build your own Chicken Fajita with soured cream and cheese  
**(G,M)**

Pizza Day Margarita, Pepperoni  
**(G,M)**

Jacket Potato topped with various toppings Cheese, Tuna, Baked Beans or Butter  
**(M,E,F)**

**Veggie Meal**

Macaroni Cheese with Sundried Tomato & Spinach  
**(G,M)**

Vegetarian Curry & Basmati Rice  
**(G,Mu,M)**

Vegetable Fajita with soured cream and cheese  
**(G, M)**

Mushroom & Garlic Pizza  
**(G,M)**

Summer Vegetable Frittata  
**(E)**

**Served With**

Garlic Bread Green Salad  
**(G)**

Broccoli Sweetcorn

Rainbow Rice Shredded Salad

Potato Wedges Coleslaw **(E)**

Roasted New Potatoes Baked Beans

**Available Daily: Jacket Potatoes with Toppings | Salad Bar | Pasta upon request**

**Dessert**

Fresh Fruit or Yoghurt  
**(E, M)**

Lemon Drizzle  
**(G,E)**

Vanilla Ice Cream  
**(M)**

Rice Krispie Square  
**(M,So,G,E)**

Brownie  
**(G,E,M,So)**

**Available Daily: A selection of Whole Fresh Fruit, Fruit Pots, or Yoghurt  
Gluten Free and Milk Free Alternatives will be available for Main Meals and Desserts**

CATERING SERVICES / **Connect** EST

Dietary Information: Ce - Celery | Cr - Crustaceans | E - Eggs | F - Fish | G - Gluten | L - Lupin | M - Milk | Mo - Molluscs | Mu - Mustard | N - Tree Nuts | P - Peanuts | Se - Sesame | So - Soya | Su - Sulphites **Bread products bought in 'may contain sesame' but we avoid using sesame seeds**



# Lunch Menu

Week 3  
Summer Term

**Meat FREE**

**Soup**  
Available for the staff - Form FVI or on request

**MONDAY**

Soup of the Day

**Main Meal**

Jacket Potato Bar with various toppings Baked beans, tuna mayo, cheese, vegetarian chilli, coleslaw, just butter **(M, E)**

**Veggie Meal**

Vegetable Chilli Rice **(Ce)**

**Served With**

Mixed salad  
Coleslaw  
**(E)**

**Dessert**

Chocolate sponge & Chocolate Custard  
**(G, E, M, So)**

**TUESDAY**

Soup of the Day

Sticky Chinese Chicken  
**(So)**

Spring Rolls  
**(E,G)**

Stir Fry Vegetables  
Rainbow Rice

Flapjack  
**(G)**

**WEDNESDAY**

Soup of the Day

**Served with Freshly Made Bread**  
Burger Day  
Beef/Chicken or Plant Based  
Burger with cheese (optional)  
**(G, E, M, Se)**

Portabella Mushroom & Emmental Cheeseburger  
**(G, M, Se)**

Curly Fries  
Mixed Salad

Seasonal Fruit  
Crumble & Custard  
**(G,So, M)**

**THURSDAY**

Soup of the Day

Spaghetti Bolognaise with Garlic Bread  
**(G, Se)**

Quorn bolognaise with Garlic Bread  
**(So, G, E, Se)**

Sweetcorn  
Broccoli

Fresh Fruit  
Yoghurt  
**(M)**

**FRIDAY**

Soup of the Day

Battered Fish or Breaded Vegetable Fingers  
**(G,F,SO)**

Seasonal vegetable quiche  
**(G,E,M)**

Potato wedges  
Peas

School Cake  
**(E, G, So)**

**Available Daily: Jacket Potatoes with Toppings | Salad Bar | Pasta upon request**

**Available Daily: A selection of Whole Fresh Fruit, Fruit Pots, or Yoghurt  
Gluten Free and Milk Free alternatives will be available for Main Meals and Desserts**

EST 1999 **Connect** CATERING SERVICES | 6885  
Dietary Information: Ce - Celery | Cr - Crustaceans | E - Eggs | F - Fish | G - Gluten | L - Lupin | M - Milk | Mo - Molluscs | Mu - Mustard | N - Tree Nuts | P - Peanuts | Se - Sesame | So - Soya | Su - Sulphites **Bread products bought in 'may contain sesame' but we avoid using sesame seeds**

