

Lunch Lent Term 2022 Week 1

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Broccoli soup	Curried cauliflower soup	Carrot & coriander soup	Red pepper & tomato soup	Butterbean 7 onion soup
Pork sausages with onions	Szechuan chicken	Beef bolognaise	Roast loin of pork with apple sauce	MSC Fish fingers
Baked spinach & ricotta cannelloni	Tuscan bean souper stew	Quorn moussaka with yoghurt	Baked aubergine & tomato layer	Spiced falafel with yoghurt & pitta bread
Mashed potatoes Baked beans	Braised rice with mixed herbs Green beans	Pasta Garlic bread Sweetcorn	Roast potatoes Cauliflower & broccoli cheese Gravy	Chips Peas
Jam roly poly with custard	Chocolate sponge with chocolate custard	Pear & apple crumble with custard	Jelly & cream	Sultana sponge with custard

**An assortment of salads and cold desserts, are available daily**

**“We understand that food allergies can present a serious  
Concern for some of our customers. If you would like  
Information on the allergen content of our foods,  
Please speak to a member of staff who  
Will be happy to assist.”**

**Lunch Lent Term 2022 Week 2**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Cream of vegetable soup	Cream of spinach & nutmeg soup	Sweet potato & pumpkin seed soup	Butternut squash & pepper soup	Yellow split pea soup
Breaded chicken Katsu curry	Meatballs in a tomato sauce	Sweet & sour pork	Honey roast chicken breast	MSC Breaded pollack
Vegetable jalfrezi with lentils	Gnocchi, roasted squash & goats cheese	Macaroni cheese	Bean & Quorn champ cottage pie	Roasted vegetable quiche
Basmati rice Peas & sweetcorn	Oven baked diced potato wedges Green beans	Pasta Broccoli	Roast potatoes Leeks in cheese sauce Baton carrots Gravy	Chips Baked beans
Chocolate ripple sponge with chocolate sauce	Lemon curd sponge with custard	Apple & cinnamon crumble with custard	Ice cream	Treacle roly poly with custard

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**Lunch Lent Term 2022**  
**Week 3**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Cream of sweetcorn soup	Courgette & basil soup	Cheese & leek soup	Cream of mushroom soup	Caribbean butterbean soup
Mediterranean minced beef pie	Pork sausage roll	Spiced chicken pasta sauce	Honey roast gammon	MSC Breaded pollack
Roasted courgette & ricotta lasagne	Quorn keema curry	Macaroni cheese	Aubergine, courgette & cottage cheese bake	Halloumi burger hummus & peppers
Baby roasted potatoes Baton carrots	Spicy potato wedges Sweetcorn	Pasta Broccoli	Roast potatoes Hand mixed vegetables	Chips Baked beans
Ginger sponge with custard	Toffee apple sponge with custard	Apple & banana crumble with custard	Mandarin & orange jelly	Rice pudding with jam

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