UPPER SCHOOL

WEEK 1 SPRING TERM (©

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
Soup	Soup of the day, Herb Salted Croutons, Chilli Flakes, Sunflower Seeds, Pumpkin Seeds						
Bread	Freshly Baked Flavoured Breads						
Main	Chicken Korma	Beef Bolognese	Roast Pork with Yorkshire Pudding & Gravy	Chicken, Peppers, Courgettes and Carrots with Black Bean Sauce	Breaded Fish or Halal Chicken Sausages or Battered Pork Sausages		
Vegetarian main	Vegetarian Korma	Marinara Sauce	Yorkito Peppers, Courgettes, Chickpeas and Tomatoes	Stir Fry Vegetables with Sweet Chilli and Ginger Sauce	Ricotta and Spinach Filo Roll		
	Jacket & Sweet Potatoes Available Daily						
Sides	Pilau Rice & Steamed Carrots	Pasta, Green Bean & Peas	Thyme Roast Potatoes, Honey Glazed Roots & Glazed Carrots	Peas & Steamed Rice	Chunky Chips, Garden Peas, Mushy Peas & Baked Beans		
Dessert	Blueberry and Banana Loaf Served with Custard	Apple Crumble and Custard	Vanilla Cheesecake	Carrot Sponge and Custard	White Chocolate Drizzled Flapjacks		
Big bowl salad	Greek Salad	Greek Salad	Beetroot & Halloumi Salad	Green Potato Salad	Crunchy Bulgur Salad		
Everyday salads	Tomato, Cucumber, Boiled Eggs, Mixed Leaves, Sweetcorn, Cheese, Peppers, Carrots with a Selection of Dressings						
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, Grapes, Pineapple						
Yoghurt bar	Natural Yoghurt, Fruit Compote, Dried Fruits, Seeds						

UPPER SCHOOL

WEEK 2 SPRING TERM (©

MENU	Monday	Tuesday	Wednesday	Thursday	Friday			
Soup	Soup of the day, Herb Salted Croutons, Chilli Flakes, Sunflower Seeds, Pumpkin Seeds							
Bread	Freshly Baked Flavoured Breads							
Main	Beef Provencal	Sausage and Mash	Roast Chicken with Yorkshire Pudding & Gravy	Chicken Carbonara Pasta	Breaded Fish or Halal Chicken Sausages or Battered Pork Sausages			
Vegetarian main	Aubergine Cauliflower & Butternut Squash Provencal	Plant Based Sausages and Mash	Cauliflower Cheese	Pasta Arrabbiata	Mushrooms and Onion Quiche			
	Jacket & Sweet Potatoes Available Daily							
Sides	Steamed Carrots, Peas & Steamed Rice	Garden Peas & Baked Beans	Thyme Roast Potatoes, Honey Glazed Roots & Glazed Carrots	Green Beans	Chunky Chips, Garden Peas, Mushy Peas & Baked Beans			
Dessert	Bread and Butter Pudding and Custard	Eton Mess	Jam Coconut Sponge	Lemon Cheesecake	Chocolate Roulade			
Big bowl salad	Green Potato Salad with Crispy Onions	Roast Pepper, Aubergine and Sweet Potato	Greek Salad	Fennel, Rocket and Herb Salad	Beetroot and Red Onion Salad			
Everyday salads	Tomato, Cucumber, Eggs, Mixed Leaves, Sweetcorn, Cheese, Peppers, Carrot with a Selection of Dressings							
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, Grapes, Pineapple							
Yoghurt bar	Natural Yoghurt, Fruit Compote, Dried Fruits, Seeds							

UPPER SCHOOL

WEEK 3 SPRING TERM (©

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
Soup	Soup of the day, Herb Salted Croutons, Chilli Flakes, Sunflower Seeds, Pumpkin Seeds						
Bread	Freshly Baked Flavoured Breads						
Main	Chicken Curry with Potatoes	Chicken Hot Dogs	Roast Gammon with Yorkshire Pudding & Gravy	Green Thai Chicken	Breaded Fish or Halal Chicken Sausages or Battered Pork Sausages		
Vegetarian main	Vegetable Curry with Potatoes	Plant Based Hot Dogs	Aubergine, Butternut Squash & Bean Wrap	Vegetable Thai Curry	Plant Based Sausages		
	Jacket & Sweet Potatoes Available Daily						
Sides	Pilau Rice, Spinach & Green Beans	Wedges & Broccoli	Thyme Roast Potatoes, Honey Glazed Roots & Glazed Carrots	Steamed Rice & Peas	Chunky Chips, Garden Peas, Baked Beans		
Dessert	Carrot Sponge served with Whipped Cream	Jam Tart with Custard	Lemon Cheesecake	Banana Sticky Pudding with Custard	Ice Cream, Sorbet, Sprinkles, Sauces, Various Toppings		
Big bowl salad	Roasted Cauliflower, Fennel & Mild Curry Spices	Five Bean Salad with Couscous	Aubergine Harissa Salad	Classic Caesar Salad	Fresh Pea & Mint Couscous Salad		
Everyday salads	Tomato, Cucumber, Eggs, Mixed Leaves, Sweetcorn, Cheese, Peppers, Carrot with a Selection of Dressings						
Fruit bar	Whole Fruit: Banana, Satsuma, Pears, Apples Fruit Pots: Duo of Melon, Grapes, Pineapple						
Yoghurt bar	Natural Yoghurt, Fruit Compote, Dried Fruits, Seeds						