

WEEKLY

# MENU

## Autumn Term Menu Week 2



### Monday

Hot: Lamb Pasta Pastitsio Bake

Veggie: Tortelloni Stuffed Pasta in a Tomato Herb Sauce

Sides: Homemade Garlic Focaccia, Green Beans & Parmentier Potatoes

Pudding: Black Cherry Yoghurt with White Chocolate Drops

Snack: Baked Croissants

### Tuesday

Hot: International Deli Day, Tastes from around the World

Veggie: Samosas, Feta Stuffed Peppers, Falafel, Tzatziki & Hummus

Sides: Grated Carrot, Tuna Mayo & Moroccan Cous Cous

Pudding: Peach Melba & Blueberry Pots or Mini Cheeses & Crackers

Snack: GF/Dairy Free Oat Biscuits

### Wednesday

Hot: Jamaica Mild Jerk Spiced Chicken

Veggie: Roasted Sweet Potato Curry

Sides: Rice & Peas, Coleslaw & Sweetcorn

Pudding: Jamaica Dark Ginger Cake

Snack: Pain au Chocolat

### Thursday

Hot: Pork Meatballs in a Tomato & Basil Sauce

Veggie: Meat Free Balls in Tomato & Basil Sauce with GF Pasta

Sides: Penna Pasta, Baton Carrots & Grated Cheese

Pudding: Vegetarian Orange Jelly or Fresh Fruit Pots

Snack: Dark Chocolate GF & DF Cookies

### Friday

Hot: Southern Fried Breaded Chicken with Garlic Aioli

Veggie: Mixed Bean Burgers with a Tomato salsa

Sides: Oven Baked Chips, Baked Beans & Garden Peas

Pudding: GF & DF Banana & Blueberry Cake or Mini Cheeses & Crackers

Snack: Pain au Raisins

Salad bar will now be available in the dining hall for pupils to have a selection of alternatives to the main counter. Consisting of composite salads, cucumber, lettuce, tomatoes, grated cheese and fresh fruit. All allergies will be catered for.

