

# Sample Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek & potato	Roasted red pepper	Autumn roasted vegetable	Roasted pumpkin	Tuscan bean
Bread/ Accompaniments	Olive focaccia Herb salsa Crispy shallots	Black pepper breadsticks Bacon bits Crème fraiche	Farmhouse loaf Toasted pumpkin seeds Parsnip crisps	Herby ciabatta Grated parmesan Red pepper salsa	Crusty baguettes Basil pesto (nut free) Chilli flakes
Main Meal	Toad in the hole with caramelised onion gravy	Baked chicken thigh with sundried pepper salsa	Pupils choice! Traditional shepherds pie	Grilled turkey steak with cranberry & herb dressing	Chunky beef chilli served with sour cream, rice & nachos
Something Veggie	Autumn vegetable Caesar on toasted ciabatta	Butternut squash & sage cobbler with cheesy topping	Mild Mexican bean chilli with rice & sour cream	Baked fusilli with blue cheese & tomato ragu	Roasted root vegetable lasagne with garlic bread
Hot Snack	Cajun bacon burger with pineapple	Pasta carbonara (ham, cheese and cream)	Pitta bread pizza with sun dried tomatoes, mozzarella & rocket	Boston bean hot pot jacket filling	Warm chicken Caesar with rustic croutons
On the Side	Mashed potato Green beans Lemon carrots	Crunchy roast potatoes Savoy cabbage Steamed carrots	Baked jacket wedges Stir-fry vegetables Roasted courgettes	New potatoes Steamed broccoli Ratatouille	Chipped potatoes Baked beans Peas
For Afters	Plum tart tatin with custard	Treacle sponge pudding with hot tangy orange sauce	Queen of puddings	Chocolate puddle pudding with chocolate sauce	Peach & pineapple crumble with custard

Cold dessert of the day \* whole fresh fruit \* fruit salad pots \* selection of homemade yoghurt, jelly and dessert pots