

<p>Monday</p>	<p>Traditional Lasagne - minced beef between layers of pasta topped with a cheese sauce, baked until golden Beef Madras served with Rice - a mildly spiced beef curry served with rice BBQ Quorn Sausages</p> <p>Creamy Mashed Potato Garlic Bread or Garlic and Coriander Chota Naan Mixed Salad or Braised Broccoli and Sweetcorn Kernels</p> <p>Chocolate Sponge served with Chocolate Sauce or Fresh Fruit Salad</p>
<p>Tuesday</p>	<p>Roast Chicken Thighs served with Sage & Onion Stuffing and Gravy Piri Piri Chicken - chicken thighs seasoned with a chilli, garlic and paprika spice and baked in the oven Cauliflower and Broccoli Mornay</p> <p>Roast Potatoes or Braised Pilau Rice Fresh Carrots or Mixed Salad</p> <p>Apple & Cinnamon Pie served with Custard or Fresh Fruit Salad</p>
<p>Wednesday</p>	<p>Spaghetti Italiane with Pork Meatballs Mexican Funky Chicken - chicken breast fillet marinated in southern style spices and baked Vegetable Bolognese served with Pesto Spaghetti</p> <p>Sauté Potatoes or Tricolour Pasta Bows Whole Baby Corn or Mixed Salad</p> <p>Pear Upsidedown Cake served with Custard or Fresh Fruit Salad</p>
<p>Thursday</p>	<p>Mediterranean Lamb Wraps - lightly spiced lamb, peppers and tomatoes in a warm tortilla wrap, sprinkled with cheese and baked Lamb Macaroni Bake - minced lamb in a herby tomato and mushroom sauce mixed with macaroni and baked until golden brown Tomato and Roasted Onion Tart</p> <p>Minted Cous Cous or Baked Jacket Wedges Sauteed Leeks and Peppers or Mixed Salad</p> <p>Peach Crumble served with Custard or Fresh Fruit Salad</p>
<p>Friday</p>	<p>Breaded Fish Fillet Spicy Cajun Chicken Stuffed Red Peppers with a Herb Cous Cous</p> <p>Fries or Baby Boiled Parsley Potatoes Traditional Mushy Peas or Garden Peas</p> <p>Citrus Sponge served with a Tangy Lemon Sauce or Fresh Fruit Salad</p>

<p>Daily</p>	<p>A selection of Baked Jacket Potatoes, Hand Held Snacks, Salads, Pasta, Sandwiches, Baguettes, Drinks and Fresh Fruit will be available throughout our daily services</p>
<p>Promotions</p>	<p>Its a wrap promotion, Mediterranean Pizza promotion, St George's Day, Wimbledon and 4th July Celebrations</p>

A choice of these main dishes are available each day, please look at your daily school menu

<p>Monday</p>	<p>Sausage and Onions and Yorkshire Pudding Pork and Green Peppers in a Black Bean Sauce Cheese and Mushroom Omelette</p> <p>White and Brown Rice or Baked 1/2 Jacket Potato Sliced Green Beans or Mixed Salad</p> <p>Marble Sponge served with Chocolate Sauce or Fresh Fruit Salad</p>
<p>Tuesday</p>	<p>Honey and Lime Chicken - chicken thighs marinated in a honey and lime sauce and baked Tandoori Chicken - chicken thighs cooked in a mix of Indian herbs and spices Pepper and Courgette Fajita - peppers and courgettes in a warm flour tortilla</p> <p>Bombay Potatoes or Baked Jacket Wedges Ratatouille or Coleslaw</p> <p>Pear Crumble served with Custard or Fresh Fruit Salad</p>
<p>Wednesday</p>	<p>Cottage Pie Meatloaf served with Onion Gravy Quorn & Four Bean Pie - quorn pieces mixed with peppers, onions, beans, tomatoes and topped with puff pastry</p> <p>Classic Mashed Potatoes or Baby Boiled Potatoes Fresh Sliced Carrots</p> <p>Toffee Apple Chelsea Bun or Fresh Fruit Salad</p>
<p>Thursday</p>	<p>Roast Leg of Lamb served with Mint Sauce Lamb Moussaka - minced lamb flavoured with cinnamon, garlic, onions and tomatoes and layered with aubergine and white sauce Mushroom Gratin - mushrooms, onions, bread, layered and topped with a parmesan egg custard and baked until golden brown</p> <p>Roast Potatoes or Freshly Baked Bread Rolls Braised Broccoli and Savoy Cabbage</p> <p>Chocolate & Mandarin Orange Brownies served with Custard or Fresh Fruit Salad</p>
<p>Friday</p>	<p>Breaded Fish Fillet Grilled Tuna Steak Sweetcorn & Spinach Strudel - sweetcorn and spinach wrapped in puff pastry and baked until golden brown</p> <p>Fries or Boiled Parsley Potatoes Traditional Mushy Peas or Garden Peas</p> <p>Banana Bread & Butter Pudding served with Custard or Fresh Fruit Salad</p>

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<p>Monday</p>	<p>Barbeque Chicken Chicken Chow Mein - chicken, peppers, garlic and noodles stir fried with soy sauce Quorn and Red Bean Chilli</p> <p>Plain Boiled White and Brown Rice Sliced Courgettes and Sweetcorn Kernels</p> <p>Baked Syrup Sponge served with Custard or Fresh Fruit Salad</p>
<p>Tuesday</p>	<p>Lamb and Mint Pie - minced lamb flavoured with mint topped with a wholemeal pastry Coconut Lamb Curry - diced lamb flavoured with a mild curried coconut sauce Vegetable Chow Mein - a mix of seasonal vegetables, noodles and stir fried with soy sauce</p> <p>Baked Jacket Wedges or Braised Pilau Rice Savoy Cabbage</p> <p>Apple Crumble served with Custard or Fresh Fruit Salad</p>
<p>Wednesday</p>	<p>Roast Pork with Sage & Onion Stuffing, Apple Sauce and Gravy Sweet & Sour Pork Thai Red Curried Vegetable Wrap</p> <p>Roast Potatoes or White and Brown Rice Mediterranean Roasted Vegetables</p> <p>Traditional Ginger Sponge served with Custard or Fresh Fruit Salad</p>
<p>Thursday</p>	<p>Traditional Lasagne - minced beef between layers of pasta topped with a cheese sauce, baked until golden Beef Pasanda Badam Curry - diced beef with a spicy almond and yoghurt sauce Spanish Omelette - mixed peppers, potatoes, onions and tomatoes cooked in a fluffy egg omelette</p> <p>Braised Coriander Rice or Garlic Bread Courgette and Carrot Batons or Mixed Salad</p> <p>Crunchy Cornflake Tart served with Custard or Fresh Fruit Salad</p>
<p>Friday</p>	<p>Breaded Fish Fillet Southern Myrispice Chicken in a Bap - Chicken breast fillet in a southern style coating served in a bap Broccoli and Cheese Quiche</p> <p>Fries or Boiled Parsley Potatoes Traditional Mushy Peas or Garden Peas</p> <p>Old English Raspberry Trifle or Fresh Fruit Salad</p>

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<p>Monday</p>	<p>Tex Mex Pork Fajita - minced pork, peppers, onions and tomatoes in a fajita marinade served in a warm tortilla wrap Highland Minced Pork Plait - minced pork, onions, worcester sauce and thyme, wrapped in a puff pastry plait Butternut Squash and Chickpea Balti served with Basmati Rice</p> <p>Baked Jacket Wedges or Baby Boiled Potatoes Mixed Salad or Onion Bhaji</p> <p>Jam and Coconut Sponge served with Custard or Fresh Fruit Salad</p>
<p>Tuesday</p>	<p>Spaghetti Bolognese Sweet Chilli Beef - diced beef, onions and peppers in a sweet chilli sauce Vegetable Chow Mein - a mix of seasonal vegetables, noodles and stir fried with soy sauce</p> <p>Crispy Noodles or Plain Boiled White and Brown Rice Fresh Carrots</p> <p>Stewed Pears served with Custard or Fresh Fruit Salad</p>
<p>Wednesday</p>	<p>Moroccan Lamb - mildly spiced lamb bake with apricots topped with almonds and coriander Spinach Topped Lentil and Lamb Shepherd's Pie Leek and Potato Frittata - leeks, spring onions and potatoes in a savoury egg omelette</p> <p>Baby Boiled Potatoes Fresh Broccoli</p> <p>Bakewell Tart served with Custard or Fresh Fruit Salad</p>
<p>Thursday</p>	<p>Chicken and Sweetcorn Pie Jamaican Jerk Chicken - chicken thighs marinated in lemon and lime and a hot jamaican jerk paste Three Bean Chilli - mixed beans in a chilli sauce</p> <p>Jamaican Rice & Peas or Baby Boiled Potatoes Mixed Vegetables or Mixed Salad</p> <p>Toffee Apple Crumble served with Custard or Fresh Fruit Salad</p>
<p>Friday</p>	<p>Breaded Fish Fillet Mississizzling Chicken Wrap - chicken breast fillet coated with a southern style spice and placed into a tortilla wrap Cheese, Onion and Potato Pie</p> <p>Fries or Boiled Parsley Potatoes Traditional Mushy Peas or Garden Peas</p> <p>Cherry Cake served with Custard or Fresh Fruit Salad</p>

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