

## Senior School, Lent Term 2019

Week 1

|  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday                                       |
|--|--|--|--|---|--|
| <b>Soup &amp; Baguette</b><br>£2.50 (V)                                  | White onion soup   | Cream of tomato soup                             | Pea and ham soup   | Minestrone soup                                     | Mulligatawny soup                            |
| <b>Main Dish</b><br>£3.10  | Jacket potato with cheese, beans or tuna                                     | Shepherd's pie with mixed vegetables             | Roast loin of pork with glazed apple, roast potatoes and seasonal vegetables | Sweet and sour chicken with rice and prawn crackers | Chicken burger with curly fries and coleslaw |
| <b>Green Dish</b><br>£3.10<br>(V)  | Vegetable paella with garlic bread   | Thai style vegetables stir-fry with rice noodles | Penne al'arrabiata with Parmesan cheese                                      | Vegetarian Mexican lasagna with coleslaw            | Mediterranean vegetable chilli and rice      |
|  | All main and green dishes will be served with vegetables of the day or salad |  |  |   |  |
| <b>Big Bowl Salad</b><br>£3.00** Items containing fish/seafood +50 pence | A Salad of the day will be available each day                                |  |  |   |  |
| <b>Salads</b><br>£3.00** Items containing fish/seafood +50 pence         | A salad bar will be available  |  |  |   |  |
| <b>Open Breads</b><br>£2.50 ** Items containing fish/seafood +50 pence   | Selection of freshly made baguettes and wraps                                |  |  |   |  |
| <b>Dessert</b><br>£1.10  | Homemade shortbread biscuits   | Pineapple upside down pudding                    | Chocolate chip muffins   | Jam roly-poly and custard                           | Strawberry mousse                            |
| <b>Treats</b><br>£1.00   | A tempting selection of fruit, cakes and biscuits are always available       |  |  |   |  |

## Senior School, Lent Term 2019

| Week 2   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday                                       |
|--|--|---|--|--|--|
| <b>Soup &amp; Baguette</b><br>£2.50 (V)                                      | Smoky sweet potato soup  | Chicken noodle soup   | Spicy beef and tomato soup   | Roasted red pepper soup                              | Creamy parsnip soup                          |
| <b>Main Dish</b><br>£3.10  | Beef lasagna with garlic bread   | Baked cod with a lemon and herb crust, new potatoes and green beans | Roast chicken thigh with stuffing, seasonal vegetables and paysanne potatoes | Sausage and bacon spaghetti bake with seasonal salad | Curry of the day with rice and naan bread    |
| <b>Green Dish</b><br>£3.10 (V)   | Roasted vegetable stuffed potato shells with a cheesy topping                | Macaroni cheese with a tomato and onion salad                       | Chinese style vegetable stir-fry with egg fried rice                         | Tomato, pesto and cheese stuffed pancake             | Leek and potato pie with seasonal vegetables |
|  | All main and green dishes will be served with vegetables of the day or salad |   |  |  |  |
| <b>Big Bowl Salad</b><br>£3.00<br>** Items containing fish/seafood +50 pence | A Salad of the day will be available each day                                |   |  |  |  |
| <b>Salads</b><br>£3.00** Items containing fish/seafood +50 pence             | A salad bar will be available  |   |  |  |  |
| <b>Open Breads</b><br>£2.50 ** Items containing fish/seafood +50 pence       | Selection of freshly made baguettes and wraps                                |   |  |  |  |
| <b>Dessert</b><br>£1.10  | Homemade Chocolate chip cookie   | Apple and blackberry pie with custard                               | Sticky toffee pudding with toffee sauce                                      | Fruit jelly  | Bread and butter pudding                     |
| Treats<br>£1.00  | A tempting selection of fruit, cakes and biscuits are always available       |   |  |  |  |