



**Senior School
Lent Term 2022**



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
	All main and green dishes will be served with vegetables of the day or salad				
Main Dish £3.50	Jacket potato with cheese, beans, tuna and salad	Chicken and pesto penne pasta with garlic and herb slice and Parmesan cheese	Roast pork loin with roast potatoes, seasonal vegetables of the day and gravy	Jumbo fish fingers with mash potato, peas and parsley sauce	Breaded chicken burger with fries and salad
Green Dish (V) £3.50	Guernsey cheddar cheese and cherry tomato omelette with potato wedges and salad	Roasted root vegetable cottage pie topped with sweet potato and served with peas and gravy	Quorn roast joint with herb roast potatoes, vegetables of the day and Vegetarian gravy	Sweet and sour vegetables with basmati rice and prawn crackers	Filo tart filled with cauliflower cheese served with paprika potato wedges and rocket salad
Big Bowl Salad £3.40 ** inc fish/seafood +60p	Salad of the day				
Boxed Salads £3.40 ** inc fish/seafood +60p	A selection of boxed salads will be available				
Open Breads from £2.80	Selection of freshly made baguettes and wraps				
Soup £2.60	Soup of the day				
Dessert £1.10	Double choc chip muffin	Sticky toffee pudding with toffee sauce	Meringue nest with yoghurt and fresh fruit Coulis	Homemade gingerbread man	Guernsey ice cream with a flake
Treats from £1.10	A tempting selection of fruit, cakes and biscuits are always available				



**Senior School
Lent Term 2022**



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
	All main and green dishes will be served with vegetables of the day or salad				
Main Dish £3.50	Crispy pancetta and tomato sauce served on spaghetti with garlic bread and Parmesan cheese	Mild Mexican Chicken fajitas with cheese, sour cream and potato wedges	Roast crown of chicken with stuffing, paysanne potatoes, roasted root vegetables and gravy	Mild chicken massaman curry with basmati rice	Pommier sausages with chunky chips and beans
Green Dish (V) £3.50	Potato and red onion frittata with wedges and spinach salad	Creamed leek and potato baked pancakes with salad	Vegetarian Pad Thai with prawn crackers	Vegetable wraps stuffed with sautéed vegetables served with wedges and rocket salad	Vegetable burger with tomato salsa, chips and salad
Big Bowl Salad £3.40 ** inc fish/seafood +60p	Salad of the day				
Boxed Salads £3.40 ** inc fish/seafood +60p	A selection of boxed salads will be available				
Open Breads from £2.80	Selection of freshly made baguettes and wraps				
Soup £2.60	Soup of the day				
Dessert £1.10	Homemade chocolate chip cookie	Vanilla sponge with custard	Homemade blondie	Pineapple upside down pud	Raspberry sorbet with biscuit wafer
Treats from £1.10	A tempting selection of fruit, cakes and biscuits are always available				