



**Senior School
Lent Term 2023**



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
	All main and green dishes will be served with vegetables of the day or salad				
Main Dish £3.60	Spaghetti Bolognese, Parmesan cheese salad and garlic bread	Cumberland sausage, mash potato with gravy and vegetables of the day	Roast turkey breast, pigs in blanket, roast potatoes, gravy and seasonal vegetables	Stir fried chicken and vegetables with rice and prawn crackers	Ham and cheese pizza with chips and salad
Green Dish (V) £3.60	Spanish omelette with potato wedges and salad	Baked potato shell stuffed with cheese and tomato served with salad	Mild Thai green vegetable curry with rice	Roasted Mediterranean vegetables with a puff pastry lid and a pesto dressing	Pea and pesto penne pasta with Parmesan cheese and cherry tomato and rocket salad
Big Bowl Salad £3.60 ** 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 £1.20	Iced ginger cake	Rice crispy cake	Apple crumble and custard	Oat chocolate chip cookies	American style pancakes
Treats from £1.20	A tempting selection of fruit, cakes and biscuits are always available				



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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
	All main and green dishes will be served with vegetables of the day or salad				
Main Dish £3.60	Mild Beef chilli Basmati rice and nachos	Chicken schnitzel with creamed potato, seasonal veg and gravy	Roast loin of pork with Yorkshire pudding, crackling, roast potatoes vegetables and gravy	Tomato and pancetta pasta shells with garlic bread Parmesan cheese and salad	Chicken breast burger with French fries and salad
Green Dish (V) £3.60	Tomato and basil pasta bake with a cheese crust, garlic bread and salad	Sweet-and-sour vegetables with Basmati rice	Mrs Noi's Thai style spring rolls with sweet chilli sauce	Roasted cauliflower cheese tart with potato wedges	Leek and potato pancake with salad
Big Bowl Salad £3.60 ** 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 £1.20	Flapjack	Double choc chip muffin	Vanilla sponge and custard	Oreo cheese cake	Vanilla ice cream biscuit wafer
Treats from £1.20	A tempting selection of fruit, cakes and biscuits are always available				