



JUNIOR DEPARTMENT AUTUMN MENU, WEEK ONE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FRESHLY PREPARED SOUP AND ORGANIC BREAD IS AVAILABLE EVERY DAY

Boneless Chicken Thighs with a Japanese Teriyaki Sauce on the Side

Chicken, Ham & Pea Pie

Beginners Chilli Con Carne

Organic Macaroni Pasta

Battered Haddock, Fish Fingers or Pollock Goujons

Udon Noodles

Mashed Potato

Steamed Brown Rice

Fresh Basil & Tomato Sauce

Minced Beef Wellington

Green Bean & Peas

Steamed Mixed Vegetables

Warm Mexican Corn

Basil Pesto Pasta

Chips & Baked Beans

Miso Mushrooms (V)

Spicy Sausage Casserole (V)

Coconut & Squash Dhansak (V)

Spanish Tortilla (V)

Mushy Peas & Steamed Vegetables

Pumpkin & Rosemary Risotto (V)

JACKET POTATOES, A SELECTION OF FRESHLY PREPARED SALADS AND COLD MEATS ARE AVAILABLE DAILY

Iced Jam Sponge

Flat Apple & Vanilla Tart

Rhubarb & Blackberry Crumble with Custard

Raspberry Posset

Banana Cake

WHOLE FRUIT, PREPARED FRUIT POTS, HOMEMADE YOGHURT OR ORGANIC NATURAL YOGHURT ARE AVAILABLE DAILY

We have a strict NO NUTS policy; however, some products may be produced on lines that use nuts. For further information on specific allergens please contact the Catering Manager



We have achieved a Bronze Award for 'Food for Life Served here' from the Soil Association. This means that we can show all of our meat products are at least Red Tractor Certified, all our Fish products are Marine Stewardship Council (MSC) Certified, a proportion of our food is certified Organic while all being seasonal & freshly prepared from scratch. For more information on Food for Life please visit the school website or that of the Soil Association.





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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FRESHLY PREPARED SOUP AND ORGANIC BREAD IS AVAILABLE EVERY DAY

Cottage Pie Topped with Sweet Potato Mash

Beef Meatballs

Slow Roast Shoulder of Lamb

Organic Penne Pasta

Battered Haddock, Fish Fingers or Pollock Goujons

Steamed Peas & Carrots

Rich Roast Pepper & Tomato Sauce on the Side

Mint Sauce & Rosemary Gravy

Fresh Basil & Tomato Sauce

Luxury Fish Pie

Extra Gravy

Steamed Brown Rice

Roast Potatoes

Basil Pesto Pasta

Oven Chips, Mushy Peas & Baked Beans

Steamed Seasonal Veg

Saucy Vegetable Ragù

Steamed Vegetables

Seasonal Vegetable Pie (V)

Gluten Free Lentil & Spinach Lasagne (V)

Tomato & Herb Stuffed Mushroom (V)

Mediterranean Roast Vegetable Strudel (V)

Vegan Thai Green Curry (V)

JACKET POTATOES, A SELECTION OF FRESHLY PREPARED SALADS AND COLD MEATS ARE AVAILABLE DAILY

Lemon Drizzle Cake

Toffee Apple Pie

Winter Berry Smoothie

Rice Pudding

Flapjack

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FRESHLY PREPARED SOUP AND ORGANIC BREAD IS AVAILABLE EVERY DAY

Oven Baked Pork Sausage with Sweet Onion Gravy

Creamy Mashed Potato

Steamed Peas & Sweetcorn

Courgette & Quinoa Stuffed Peppers (V)

Lemon & Thyme Roast Chicken Thighs

Vegetable Crudités

Steamed New Potatoes

Bean Enchiladas (V)

Wholemeal Pittas

Marinated Chicken Strips

Herby Cous Cous

Sautéed Onions & Peppers

Seasonal Vegetable Tagine (V)

Organic Fusilli Pasta

Fresh Basil & Tomato Sauce

Basil Pesto Pasta

Creamy Mushroom Sauce

Roasted Butternut & Spinach Quiche (V)

Battered Haddock, Fish Fingers or Pollock Goujons

Smoked Haddock Kedgeree

Chips, Mushy Peas & Baked Beans

Steamed Vegetables

Greek Spinach Pie (V)

JACKET POTATOES, A SELECTION OF FRESHLY PREPARED SALADS AND COLD MEATS ARE AVAILABLE DAILY

Banoffee Pie

Chocolate Mousse

Peach Cobbler & Cream

Mixed Fruit Cheesecake

Shortbread

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