



# SENIOR 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  
Glaze**

**Chicken, Kale &  
Mushroom Pie**

**Mild Chilli Con Carne**

**Organic Macaroni Pasta**

**Battered Haddock, Fish  
Fingers or Pollock  
Goujons**

**Udon Noodles**

**Chicken, Ham & Pea Pie**

**Steamed Brown Rice**

**Fresh Basil & Tomato  
Sauce**

**Minced Beef Wellington**

**Green Bean & Spinach  
Shiraae**

**Mashed Potato**

**Guacamole & Sour  
Cream**

**Basil Pesto Pasta**

**Chips & Baked Beans**

**Miso Mushrooms (V)**

**Spicy Sausage Casserole  
(V)**

**Coconut & Squash  
Dhansak (V)**

**Spanish Tortilla (V)**

**Roasted Cauliflower  
Pasta Bake**

**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.





## SENIOR DEPARTMENT AUTUMN MENU, WEEK TWO



### 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**

**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 Ragu**

**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**

**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.





## **SENIOR DEPARTMENT AUTUMN MENU, WEEK THREE**



### **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**  
**Ratatouille**  
**Steamed New Potatoes**  
**Bean Enchiladas (V)**

**Wholemeal Pittas**  
**Moroccan 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**

**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.**

