

Lunch Menu

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE ONE	Lamb or Chicken Tagine (GF and DF option available)	Chilli Beef Nachos (GF and DF option available)	Greek Chicken Oregano (GF and DF option - Chilli)	Sweet & Sour Pork (GF and DF option available)	Sherfield Chip Shop Friday MSC Fish (GF and DF option - Plain Grilled Fish)
MAIN COURSE TWO	Vegetable Tagine (V)	Autumn Vegetable Frittata (V)	Gnocchi Served in a Tomato & Basil Sauce with Garlic Bread (V)	Sweet & Sour Vegetables (V)	Falafel Burger with mint yoghurt, salad and sweet potato wedges (V)
ON THE SIDE	Cous Cous Trimmed French Green Beans Chargrilled Flatbread	House Salad Seasoned Wedges Paprika Steamed Corn	Rice Sweetcorn Nachos	Rice Spring Rolls Garlic & Ginger Broccoli	Chunky Chips Garden Peas Baked Beans Chip Shop Curry Sauce Homemade Tartar Sauce Lemon Wedge & Pickles
HOT OR COLD DESSERT	Cookies	Lemon Drizzle	Chocolate Brownie	Dutch Apple & Sultana Cake	Ice Cream

EVERYDAY

Homemade Soup of the Day Served with Freshly Made Bread
 Extensive Salad Bar
 Jacket Potatoes with Baked Beans & Grated Mature Cheddar and a Daily Hot Filling
 Fresh Cut and Whole Fruits
 Natural Homemade Yoghurt and Compote

Week 1

Lunch Menu

WEEK TWO

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN COURSE ONE

Sausages
(GF and DF option available)

Mexican Chicken Wraps
(GF and DF option - Chicken Fajitas)

Bolognese Pasta
(GF and DF option available)

Chicken Chasseur
(GF and DF option available)

Sherfield Chip Shop Friday
MSC Fish
(GF and DF option - Seasonal Sustainable Fish from the Market)

MAIN COURSE TWO

Vegetarian Sausages (V)

Vegetable Chilli Bean Wrap (V)

Quorn & Vegetable Bolognese Pasta (V)

French Onion Tart (V)

Wild Mushroom Risotto with Truffle Oil and Root Vegetable Crisps (V)

ON THE SIDE

Crushed New Potato Mash
Gravy
Trimmed Carrots
Peas

Seasoned Tortilla Chips
Sour Cream
Salsa
Guacamole
Sweetcorn

Garlic Bread
French Green Beans
Cauliflower

Roasted New Potatoes
Broccoli

Chunky Chips
Garden Peas
Baked Beans
Chip Shop Curry Sauce
Homemade Tartar Sauce
Lemon Wedge & Pickles

HOT OR COLD DESSERT

Banana & Chocolate Chip Cake

Rocky Road

Victoria Sponge Cake

Sticky Toffee Pudding Cake

Assorted Sweet Muffins

EVERYDAY

Homemade Soup of the Day Served with Freshly Made Bread
Extensive Salad Bar

Jacket Potatoes with Baked Beans & Grated Mature Cheddar and a Daily Hot Filling

Fresh Cut and Whole Fruits

Natural Homemade Yoghurt and Compote

Week 2

Lunch Menu

WEEK THREE

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN COURSE ONE

Spanish Chicken, Chorizo & Pepper with Smokey Paprika Sauce
(GF and DF option - Chicken Paella)

Summer Pork & Apple Stew
(GF and DF option available)

Lemon & Garlic Marinated Chicken Leg
(GF and DF option available)

Mild Beef Rogan Josh
(GF and DF option - Tikka Masala)

Sherfield Chip Shop Friday MSC Fish
(GF and DF option - Seasonal Sustainable Fish from the Market)

MAIN COURSE TWO

Vegetable Paella (V)

Vegetable Stew with Butter Beans (V)

Ratatouille Stuffed Aubergine (V)

Vegetable Tikka (V)

Spicy Mixed Bean Burger(V)

ON THE SIDE

Potato Bravas
Trimmed French Green Beans

Boiled New Potatoes
Cauliflower
Broccoli

Thyme Roast Potatoes
Sautéed Cabbage
Carrots
Gravy

Rice
Naan Bread
Vegetable Samosa

Chunky Chips
Garden Peas
Baked Beans
Chip Shop Curry Sauce
Homemade Tartar Sauce
Lemon Wedge & Pickles

HOT OR COLD DESSERT

Gluten Free Flapjack

School Party Cake

Chocolate & Orange Sponge Cake

Jam & Coconut Sponge Cake

Jam Doughnuts

EVERYDAY

Homemade Soup of the Day Served with Freshly Made Bread
Extensive Salad Bar
Jacket Potatoes with Baked Beans & Grated Mature Cheddar and a Daily Hot Filling
Fresh Cut and Whole Fruits
Natural Homemade Yoghurt and Compote

Week 3