

Lunch Menu

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE ONE	Coq Au Vin chicken cooked with mushroom, bacon, garlic, shallots in a rich sauce (GF and DF option available)	Cottage pie with Crushed New Potato Topping (GF and DF option available)	Bacon Chop served with apple sauce (GF and DF option)	Sweet Chilli Chicken served with Egg Noodles (GF and DF option available)	Sherfield Chip Shop Friday MSC Fish (GF and DF option - Plain Grilled Fish)
MAIN COURSE TWO	French Vegan White Bean Cassoulet served with half Baguette (V)	Autumn Vegetable Cottage Pie (V)	Aubergine Schnitzels with cheese & Mushroom Sauce (V)	Mushroom Chow mein (V)	Roasted Pumpkin Red Onion & Goats Cheese Pizza (V)
ON THE SIDE	Roasted New Potatoes Trimmed French Green Beans	Carrots Peas Gravy	Savoy Cabbage Roasted Squash Red Onion New Potatoes	Prawn Crackers 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	Apple & Pear Crumble Served with Custard	Chocolate & Black Cherry Brownie	Dutch Apple & Cinnamon Cake with Cream	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)

Traditional Minced Beef Lasagne
(GF and DF option)

Turkey Escalope served with
creamy spinach & mushroom
sauce (GF and DF option
available)

Chicken & Sweet corn
Pasta Bake
(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)

Roasted Squash Lasagne(V)

Quorn Escalope , served with
creamy spinach & mushroom
sauce (V)

Root Vegetable Pasta Bake
(V)

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

ON THE SIDE

Crushed New Potato Mash
Gravy
Trimmed Carrots
Peas

Green Beans
Garlic Bread

Roasted New Potatoes
Broccoli

Carrots
Sweetcorn

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

HOT OR COLD DESSERT

Lemon Drizzle 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

Turkey Jambalaya served with
Smokey paprika sauce
(GF and DF option available)

British Pie Bar, Beef & mushroom,
chicken & Leek, in short crust pastry,
or puff pastry Lid
(GF and DF option available)

Marinated Chicken Leg
(GF and DF option available)

Choice of Chicken Tikka or
Beef Rendang
(GF and DF option available)

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

MAIN COURSE TWO

Vegetable Jambalaya
with Smokey Paprika sauce(V)

Vegetable Pie (V)

Ratatouille stuffed Aubergine (V)

Vegetable Dhansak (V)

Spicy Mixed Bean Burger(V)

ON THE SIDE

New Potatoes
Green Beans

Crushed New Potatoes
Carrots
Peas

Roast Potatoes
Sautéed Savoy Cabbage

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