

Lunch Menu

Junior School & Nursery – Week 1

(v) vegetarian, (vg) vegan

ALLERGENS: If you have an allergy or intolerance, please speak to a member of our catering team before you consume any food or drink. The written allergen information that we provide details the 14 major allergens that are contained in the ingredients. If you require further information about the presence of unintentional allergens (may contains), please ask us so that we can help you with your choice. If you are a regular customer, please continue to ask a member of our team as recipes and ingredients change.

Enjoy!

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|-------------------------|---|---|---|---|---|
| BREAKFAST | MORNING BOOSTER | Cereal Selection ¹ Toast or Sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice | Cereal Selection ¹ Toast or Sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice Mini pastries ^{1,2,3} | Cereal Selection ¹ Toast or Sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice | Cereal Selection ¹ Toast or Sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice | Cereal Selection ¹ Toast or Sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice |
| LUNCH MENU | SUPER SOUPS | Butter Bean & Chunky Vegetable | Creamy Sweet Potato & Red Pepper ³ | Tomato & Oregano | Pea & Mint | Roasted Carrot & Tomato |
| | THE ADVENTURER | Cauliflower Biryani with Naan Croutons ¹ & Mango Chutney | Loaded Nachos ³ Sour Cream ³ Guacamole | Autumnal Veg & Lentil Cottage Pie with Colcannon Mash | Bean & Vegetable Quesadilla ^{1,3} | Onion Bhaji Wrap ¹ |
| | FAVOURITE FEASTS | Thai Green Chicken Curry | Mac & Cheese ^{1,3} | Roast Pork Loin with Crackling, Apple Sauce & Gravy | Beef Tacos, lettuce, Grated Cheddar ³ , Salsa, Sour cream ³ & Guacamole | Breaded Pollock, Lemon & Tartar ^{1,2,8} |
| | SIDEKICKS | Coconut Rice Roast Carrots & Courgettes | Garlic Bread ¹ Steamed Broccoli | Roast Potatoes Cauliflower Cheese Sauteed Green Beans & Carrots | Mexican Rice Sweetcorn | Chips Baked Beans Mushy Peas |
| | FEATURE SALADS | Smashed Asian Cucumber Salad | Orange Fennel & Paprika | Roasted Broccoli Stem & Red Pepper Slaw | Roasted Chickpea & Carrot | Warm Quinoa with Bacon, Leeks & Spinach |
| | EVERYDAY EATS | Jacket Potato & Filling, Breads, Yoghurts, Fresh Cut Fruit | | | | |
| | MARKET FRESH | Tomato, Cucumber, Coleslaw, Peppers, Mixed Leaves, Beetroot, Sweetcorn, Olives, Cheese ³ , Eggs ² , Cold Meat. Pasta, ¹ Rice, Grains or Potato Salad & Feature Salad Croutons ¹ , Toasted Seeds, Pickles and Dressings | | | | |
| | SOMETHING SWEET | Chocolate Brownie ^{1,2,3,6} | Apple & Blackcurrant Crumble with Custard ^{1,3} | Iced Carrot Cake ^{1,2,3} | Lemon Cheesecake ^{1,3} | Pink Jam Slice ^{1,3,14} |

Weeks commencing:

1 September, 22 September, 13 October,
10 November, 1 December

ALLERGEN SYMBOLS:

- | | |
|------------------------------|----------------|
| 1. Cereals containing gluten | 8. Fish |
| 2. Egg | 9. Crustaceans |
| 3. Milk | 10. Celery |
| 4. Nuts | 11. Mustard |
| 5. Peanuts | 12. Lupin |
| 6. Soya | 13. Molluscs |
| 7. Sesame | 14. Sulphites |

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Lunch Menu

Junior School & Nursery – Week 2

(v) vegetarian, (vg) vegan

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Enjoy!

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|-------------------------|--|---|---|---|---|
| BREAKFAST | MORNING BOOSTER | Cereal Selection ¹ Toast or Sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice | Cereal Selection ¹ Toast or Sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice | Cereal Selection ¹ Toast or Sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice Mini Pastries ^{1,2,3} | Cereal Selection ¹ Toast or Sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice | Cereal Selection ¹ Toast or Sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice |
| LUNCH MENU | SUPER SOUPS | Minestrone ¹ | Cream of Sweetcorn ³ | Carrot & Coriander | Curried Cauliflower | Cream of Tomato ³ |
| | THE ADVENTURER | Sweet Potato Katsu ¹ | Hunters Cauliflower ³ | Quorn Toad in the Hole with Onion Gravy ¹ | Hot Honey Halloumi Caesar | Roasted Veg Arancini ¹ |
| | FAVOURITE FEASTS | Chicken Katsu ^{1,2} | Spaghetti Bolognese ¹ | Grilled Pork Sausages & Mash ^{1,3,14} | Build your own Chicken Caesar Cos Lettuce Crispy Bacon Croutons ¹ | Cod Goujon Tacos ^{1,8} |
| | SIDEKICKS | Steamed Brown Rice Steamed Broccoli | Peas & Carrots Garlic Bread ¹ | Carrots Mixed Greens Creamy Mash ³ | Green Beans Mixed Salad | Chips Peas Sweetcorn |
| | FEATURE SALADS | Potato Salad with Mint & Lemon | Cauliflower Tabbouleh | Wholemeal Pasta ¹ , Spinach, Pea & Pesto | Celeriac & Apple Slaw | Pearl Barley, Kale & Herb ¹ |
| | EVERYDAY EATS | Jacket Potato & Filling, Breads ^{1,,} , Yoghurts ³ , Fresh Cut Fruit | | | | |
| | MARKET FRESH | Tomato, Cucumber, Coleslaw, Peppers, Mixed Leaves, Beetroot, Sweetcorn, Olives, Cheese ³ , Eggs ² , Cold Meat. Pasta ¹ , Rice, Grains or Potato Salad & Feature Salad Croutons ¹ , Toasted Seeds, Pickles and Dressings | | | | |
| | SOMETHING SWEET | Chocolate Chip Shortbread ^{1,3,6} | Pineapple Upside Down with Custard ^{1,2,3} | Banoffee Fool ^{1,3,6} | Jam & Coconut Tart ^{1,14} | Chocolate Ice Cream ³ |

Weeks commencing:

8 September, 29 September, 20 October,
17 November, 8 December

ALLERGEN SYMBOLS:

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|------------------------------|----------------|
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| 2. Egg | 9. Crustaceans |
| 3. Milk | 10. Celery |
| 4. Nuts | 11. Mustard |
| 5. Peanuts | 12. Lupin |
| 6. Soya | 13. Molluscs |
| 7. Sesame | 14. Sulphites |

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Lunch Menu

Junior School & Nursery – Week 3

(v) vegetarian, (vg) vegan

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Enjoy!

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|-------------------|-------------------------|---|---|---|---|---|
| BREAKFAST | MORNING BOOSTER | Cereal Selection ¹ Toast or sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice | Cereal Selection ¹ Toast or sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice | Cereal Selection ¹ Toast or sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice | Cereal Selection ¹ Toast or sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice Mini Pastries ^{1,2,3} | Cereal Selection ¹ Toast or sourdough Crumpets ¹ Fruit Platter Yoghurt & Toppings ³ Fruit Juice |
| LUNCH MENU | SUPER SOUPS | Creamy Leek & Potato ³ | Lentil & Tomato | Autumn Vegetable | Scotch Broth ¹ | Roasted Red Pepper & Beetroot |
| | THE ADVENTURER | Roasted Tomato Galette ¹ | Veg Spring Roll with Noodles ¹ | Ratatouille & Couscous Stuffed Peppers | Roasted Vegetable Lasagne ^{1,3} | BBQ Cauliflower wings |
| | FAVOURITE FEASTS | Meatball Pasta Bake ^{1,2,3} | Churcher's Chizza ^{1,3} | Roast Gammon & Cheese Sauce ³ | Beef Lasagne ^{1,3} | Fish Fingers, Lemon & Tartar ^{1,8} |
| | SIDEKICKS | Sweetcorn Mixed Salad | Pesto Pasta Mixed Greens | Garlic Roasted Potatoes Steamed Broccoli Baton Carrots | Garlic bread ¹ Sweetcorn Petit Pois | Chips Baked Beans Minted Peas |
| | FEATURE SALADS | Sweet Potato & Halloumi ³ | Spiced Orzo Salad ¹ | Greek Salad ³ | Courgette, Fennel & Radish | Braised Red Cabbage with Sultanas |
| | EVERYDAY EATS | Jacket Potato & Filling, Breads ^{1,,} , Yoghurts ³ , Fresh Cut Fruit | | | | |
| | MARKET FRESH | Basic component salad bar – Tomato, Cucumber, Coleslaw, Peppers, Mixed Leaves, Beetroot, Sweetcorn, Olives, Cheese ³ , Eggs ² , Cold Meat. Pasta ¹ , Rice, Grains or Potato Salad & Feature Salad Croutons ¹ , Toasted Seeds, Pickles and Dressings | | | | |
| | SOMETHING SWEET | Strawberry Jelly | Cornflake Treacle Tart ¹ | Berry Cranachan ^{1,3} | Apple & Oat Muffin ^{1,2} | Flapjack ¹ |

Weeks commencing:

15 September, 6 October, 3 November, 24 November

ALLERGEN SYMBOLS:

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|------------------------------|----------------|
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