



WINTERFOLD
HOUSE

An Independent Day School
for Boys and Girls aged 0 - 13

LENT TERM MENU - WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Crudités	Carrot Batons & Green Peppers	Cucumber & Baby Corn	Carrot Batons & Mange Tout	Cucumber & Sliced Red Pepper	Celery and Baton Carrot
Soup du Jour	Leek & Potato with Freshly Baked Bread	French Onion Soup with Freshly Baked Bread	Tomato Soup and Freshly Baked Bread	Cream of Mushroom Soup and Freshly Baked Bread	Roasted Red Pepper Soup and Freshly Baked Bread
Main	Fresh Hamburgers with Homemade Relish	Italian Pasta Bolognese with Spaghetti and Parmesan	Pepperoni Pizza topped with melted Cheese	Roast Chicken with Sage and Onion Seasoning	Catch of the Day
Vegetarian	Herb Crusted Vegetable burgers in a seeded bun	Roasted Vegetables with Penne Pasta and a warm Tomato Vinaigrette	Spinach, Feta and Cherry Tomato Pizza	Butternut Squash, Aubergine and Green Bean Korma with Braised Rice	Chinese Vegetables stir fried with Soy, Fresh Ginger and Fresh Pineapple served with Noodles
Chef's Pasta and Jacket Potato selection	Chef's Pasta and Jacket Potato selection	Chef's Pasta and Jacket Potato selection	Chef's Pasta and Jacket Potato selection	Chef's Pasta and Jacket Potato selection	Chef's Pasta and Jacket Potato selection
Vegetable	Onion Rings	Carrots	Sweetcorn	Carrots	Mushy Peas
Vegetable	Steamed Sweetcorn	Sautee Green Beans	Garden Peas	Fresh Broccoli	Baked beans
Carb	Potato Wedges	Pasta as main Carb	Sautee Potatoes	Roasted Potatoes	Chips
Every Day Salads	Mixed Leaves, Cucumber Slices, Grated Carrot & Sliced Tomato	Mixed Leaves, Cucumber Chunks, Baton Carrots & Tomato Wedge	Mixed Leaves, Cucumber Slices, Grated Carrot & Tomato	Mixed leaves, Cucumber Batons, Grated Carrot & Cherry Tomato	Mixed leaves, Cucumber Chunks, Grated Carrot & Tomato Wedge
Protein	Grated Cheese	Grated Cheese	Grated Cheese	Grated Cheese	Grated Cheese
Composite	Canton Vegetable Salad with Lemon and Honey Dressing	Classic Caesar with croutons	Classic Bean Salad served in a B.B.Q Dressing	Mediterranean Salad	Greek Salad
Dressings	Seasonal Dressings, Chilli Flakes & Sunflower Seeds	Seasonal Dressings, Chilli Flakes & Sunflower Seeds	Seasonal Dressings, Chilli Flakes & Sunflower Seeds	Seasonal Dressings, Chilli Flakes & Sunflower Seeds	Seasonal Dressings, Chilli Flakes & Sunflower Seeds
Hot Dessert	Chocolate Chip Sponge and Cream	Apple Pie & Custard	Pear and Cherry Crumble with Chantilly Cream	Fruity Jam Sponge with Custard	Treacle Tart & Custard
Cold Dessert	Raspberry Jelly Pot	Chocolate Mousse with Coconut	Lemon Meringue Pots	Rocky Road cubes	Fruit salad
Cut Fruit	Watermelon	Pineapple	Honey Dew	Cantaloupe	Orchard Mix with Natural Juice