



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

## LENT TERM MENU - WEEK 3

	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	Cream of Leek Soup with Freshly Baked Bread	Tomato Soup with Freshly Baked Bread	Cream of Mushroom Soup with Freshly Baked Bread	Roasted Root Vegetable Soup with Freshly Baked Bread	Cream of Broccoli Soup & Freshly Baked Bread
Main	Butchers Hotdogs served in French Bread	Chicken Tandoori Tikka Masala with Braised Rice and Poppadums'	Savoury Mince with homemade Focaccia Garlic Bread	Roast Loin of Pork with Sage and Onion Seasoning	Battered Fish with Lemon, Tartare Sauce and Watercress
Vegetarian	Vegetable Sausage Hotdogs	Indian Pakora's, Bhaji's and Samosa's with Cucumber Raita	Vegetable Ragu with Herby Dumplings	Spinach, Lemon and Garlic Feta Fajita's	Vegetable Stroganoff with Scented Cous Cous
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	Garden Peas	Steamed Sweetcorn	Steamed Carrots	Steamed Broccoli	Baked beans
Vegetable	Roasted Swede & Corn	Beurre Noisette sauté Green Beans	Minted Peas	Steamed Sweetcorn	Peas
Carb	Fresh Herby Potato Cubes	Braised Rice as Main Carb	Parsley and Chive New Potatoes	Rosemary and Sea Salt Roast Potatoes	Oven baked 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	Tuna Nicoise	Classic Caesar with Croutons	Chunky Tomato, Mozzarella & Rocket	Chinese Smoked Mackerel 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	Apple Crumble & Custard	Syrup Sponge with White Chocolate and Custard	Fruit Jam tart with Custard	Vanilla Shortbread	Peach and Pineapple Flapjack with Chantilly Cream
Cold Dessert	Lime and Watermelon Jelly	Nectarine Fool	Diced Red Leicester, Green Grape and Cucumber pots	Strawberry Mousse	Lemon Cheesecake Pots
Cut Fruit	Pineapple	Watermelon Slices	Honey Dew	Cantaloupe	Melon Skewers