



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

LENT TERM MENU - WEEK 1

	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	Carrot & Coriander with Freshly Baked Bread	Potato & Watercress with Freshly Baked Bread	Minestrone with Freshly Baked Bread	Hearty Tomato Soup with Freshly Baked Bread	Pea & Mint with Freshly Baked Bread
Main	Meatballs in a fresh Tomato and Basil Sauce	Roast Chicken and Vegetable Pie with Savoury Gravy	Classic Cottage Pie	Roast Gammon glazed with Honey and Lime	Battered Fish with Lemon's and Tartare Sauce
Vegetarian	Quorn Balls with a fresh Tomato and Basil Sauce or Mushroom Stroganoff	Homemade Cheddar and Red Onion savoury rolls	Quorn and Vegetable Cottage Pie	Sweet Potato, Spinach and Pearl Barley	Tandoori Roast Vegetables with Braised Rice
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	Peas	Freshly Steamed Broccoli	Steamed Carrots	Green Vegetable Panache	Minted Garden Peas
Vegetable	Roasted Roots	Steamed Sweetcorn	Braised Cabbage	Sauté Courgettes with Beetroot and Cherry Tomatoes	Baked Beans
Carb	Pasta drizzled with Olive Oil	Herb Mashed Potato	Paprika Seasoned Diced Potatoes	Roast 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	Tuna Nicoise	Classic Caesar with Croutons	Chunky Tomato, Mozzarella & Rocket	Braised Fennel, Celery and Beetroot with a citrus dressing	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	Dutch Apple Pie with Custard	Lemon Drizzle Cake	Seasonal Fruit Crumble & Cream	Chocolate Shortbread with Chocolate Sauce	Banoffee Sponge with Caramel sauce
Cold Dessert	Dark Chocolate Mousse	Raspberry Cheesecake	Forest Fruit Chantilly with crushed Meringue	Diced Cheddar, Pineapple and cucumber pots	Spiced Fruit Flapjack
Cut Fruit	Watermelon	Pineapple	Honey Dew	Cantaloupe	Exotic Fruit Platter