

BROMSGROVE

FLAIR DISCIPLINE ACADEMIC RIGOUR

Week 3 - Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day with Handmade Bread	Soup of the Day with Handmade Bread	Soup of the Day with Handmade Bread	Soup of the Day with Handmade Bread	Soup of the Day with Handmade Bread
Main Course 1	Sri Lankan Chicken & Coconut Curry with mango chutney & poppadums	Lamb and root vegetable Cottage pie topped with cheddar mash	Slow Cooked beef bolognaise	Roast Pork with Sage and Onion Stuffing	Crunchy Battered Fish Fillet or Fish Fingers
Main Course 2	Sri Lankan vegetable curry with coconut & coriander	Root vegetable & lentil Cottage pie	Roasted vegetable lasagne	Cheese & Leek sausages	Vegetable Burgers
Pasta Bar: 50/50 Pasta/Jackets	Jacket potatoes with beans and cheese	Pasta with roasted tomato and vegetable sauce	Penne pasta	Beef ragu topped with fresh parmesan	Macaroni Cheese
On the Side	Steamed rice	Rich Gravy	Garlic bread slices	Roasted Potatoes/Savoy cabbage and peas	Chip Shop' Chips
Vegetables	Cumin & honey glazed carrots	Steamed mixed vegetables	Peas & Sweetcorn	Cauli and Broccoli Cheese	Baked Beans
Dessert Pot	Flavoured Yoghurt, Fruit Jelly and Sliced Melon	Flavoured Yoghurt, Fruit Jelly and Sliced Melon	Flavoured Yoghurt, Fruit Jelly and Sliced Melon	Flavoured Yoghurt, Fruit Jelly and Sliced Melon	Flavoured Yoghurt, Fruit Jelly and Sliced Melon
Dessert	Sticky toffee pudding with butterscotch sauce	Fruity Tuesday, build your own fruit and yoghurt pot	Banana & Coconut cake	Fruity Flapjack	Winterfold Chocolate slice
Cut Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit