

Senior School Menu week commencing 20 January 2020	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Soup Of The Day	Soup Of The Day	Soup Of The Day	Soup Of The Day	Soup Of The Day
<b>Meat Option 1</b>	<b>Chicken Korma</b> Diced Marinated Chicken Breast In A Mild Creamy Sauce	<b>Steak &amp; Vegetable Pie</b> Steak & Vegetables In Gravy Enclosed In A Puff Pastry Lid	<b>Pork Sausages</b> Award Winning Lashford Sausage	<b>Roasted Chicken</b> Traditionally Seasoned	<b>Golden Fish Fingers</b> Cod Fillet In Breadcrumbs
<b>Meat Option 2</b>	<b>Pasta Bolognese</b> Traditional Minced Beef With Italian Herbs In A Tomato Ragu Sauce	<b>Chicken Chow Mein</b> Chicken Strips With Noodles In A Chow Mein Sauce	<b>Turkey Lasagne</b> Layered Minced Turkey In A Herby Tomato sauce With A Cheese Sauce Topping	<b>Glazed Gammon</b> Carved Gammon Joint Glazed & Roasted	<b>Beef Burger</b> 100% Beef Burger Served With A Bun
<b>Vegan Option</b>	<b>Mediterranean Pasta</b> Penne Pasta Mediterranean Vegetables With cherry Tomatoes	<b>Roasted Vegetable With Cherry tomatoes</b> Chunky Vegetables Slowly Roasted With Sweet Whole Cherry Tomatoes	<b>Chickpea &amp; Spinach Curry</b> Chickpeas & Spinach In A Mild Curry Sauce	<b>Sweet &amp; Sour Vegetables</b> Peppers, Onions, Bamboo Shoots, Sweetcorn, Cabbage All In A Tangy Sauce	<b>Fried Rice</b> Fried Ginger, Chilli, Garlic With Oriental Vegetable's with rice
<b>Vegetarian Option</b>	<b>Halloumi Sticks</b> Popular Street Food Item, Strips of Halloumi in a Crunchy Crumb	<b>Vegetable Chow Mein</b> Oriental Vegetables with Noodles in a Chow Mein Sauce	<b>Vegetarian Lasagne</b> Mediterranean Vegetables Layered With A Cheesy Topping	<b>Sweet Potato Loaded Skins</b> Potato Skins with Cous Cous Topped With Cheese	<b>Quarter Pounder Vegetable Burger</b> Mixed Vegetables in a Golden Crumb Served With A Bun
<b>Halal</b>	<b>Chicken Korma</b>	<b>Chow Mein</b>	<b>Chicken Sausage</b>	<b>Roasted Chicken Breast</b>	<b>Beef Burger</b>
<b>Accompaniments</b>	Garlic and Herb New Potatoes Mixed Vegetables	Butter New Potatoes Garlic Bread Mixed Vegetables	Mashed Potato Mixed Vegetables Mixed Salad	Roasted Potatoes Mixed Vegetables Mixed Salad	Buttered New Potato Peas Mixed Vegetables Mixed Salad

<b>Dessert</b>	A selection of hot and cold desserts will be available daily	A selection of hot and cold desserts will be available daily	A selection of hot and cold desserts will be available daily	A selection of hot and cold desserts will be available daily	A selection of hot and cold desserts will be available daily
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