



Week 2 Lunch Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Mushroom	Sweet potato, coconut and chilli	Butternut squash	Roasted vegetable	Chicken noodle
Main	Howell's pork sausages	Chicken Quesadillas	Roast west country gammon	Meatballs	Breaded fish with lemon wedge
Vegetarian	Vegan sausages	Vegetable Quesadillas	Red onion chutney and spinach wellington	Vegetable Meatballs	Bubble and squeak with a fried egg
Pasta Bar/ Jacket Potato	Pasta with tomato sauce and cheddar cheese	Jacket potato with baked beans and cheddar cheese	Pasta with tomato sauce and cheddar cheese	Jacket potato with baked beans and cheddar cheese	Pasta with tomato sauce and cheddar cheese
Vegetables & Sides	Creamy mash Sliced carrots Green Beans	Herb oven roasted wedges Sweetcorn	Roasted potatoes, Honey roasted carrots & parsnips Peas	Garlic bread Spaghetti Baby corn and peppers	Home cut chips Mushy peas, Peas Tartare sauce
Dessert 1	Chocolate and orange sponge with chocolate sauce	Vanilla cheese cake	Cake of the Day	Fruit strudel and cream	Hundreds and thousands sponge
Dessert 2	Jelly Fresh fruit salad	Orange slices,	Mousse Fresh fruit salad	Fruit jelly, Orange slices	Sundaes Fresh fruit salad

We are a Coeliac UK accredited venue. If you require a gluten free dish, please speak to a member of staff and we will be more than happy to prepare one for you.



Week 2 Lunch Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Mediterranean Veg	Sweetcorn	Tomato & Basil	Courgette & Lemon	Leek & Potato
Main	Hoisin Chicken Fried Rice	Pulled Brisket of Beef with Red Onions & Mixed Peppers on Lebanese Flatbread	Pupil Request: Roast Pork with Sage & Onion Stuffing, Apple Sauce	Chicken Tagine	Pupil Request: Beef Burger
Vegan	Hoisin Mushroom Fried Rice	Lebanese Quorn Pieces with Peppers, Mushrooms, Onions & Lemons	Lentil & Vegetable Loaf	Mixed Bean tagine	Spicy Bean Burger
Pasta Bar	Roasted Roots, Jacket Potatoes Tomato Sauce & Pasta Rosemary Flatbread	Tarragon Chicken Pasta Tomato Sauce & Pasta Cumin Seed & Garlic Bread	Pesto & Sundried Tomato Pasta Coriander & Smoked Paprika Bread	Carbonara Pasta Arrabbiata Garlic Bread	Macaroni Cheese Garlic & Parsley Bread
Vegetables & Sides	Noodles with Beansprouts Stir-Fried Vegetables Prawn Crackers	Spiced rice Roasted Aubergine, Courgette & Peas	Roast Potatoes Mashed Swede, Roasted Carrots & Parsnips, Steamed Cabbage, Gravy	Lemon & Parsley Couscous	Home-Cut Chips Sweetcorn, Jalapeños, Gherkins, Cheese Slices, Crispy Onions
Deli Bar	Sliced Beef & Mustard Open Sandwich Cheese & Pickle Baguette	Meatball Sub Falafel Sub	Sweet Chilli Turkey Wrap Coronation Chickpea Wrap	Bacon & Egg Roll Cheddar, Onion, Mayo Roll	Coronation Chicken Baguette Sliced Egg & Cress Open Sandwich
Pudding	Banana & Caramel Cake with Toffee Custard	Lemon Shortbread & Vanilla Custard	Bread & Butter Pudding & Cream	Raspberry & White Chocolate Flapjack	Spiced Orange Cake & Vanilla Custard
Chilled Dessert	Mixed Berry Sundae	Strawberry Jelly	Lemon Cheesecake Pots	Raspberry & White Chocolate Mousse	Eton Mess



MOUNT
KELLY

Week 2 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Fish finger baps	Turkey meatballs in tomato sauce	Hunters chicken with homemade BBQ sauce	Smoked ham hock pasta carbonara	Mount Kelly pizza night Chef's selection of homemade pizzas
Vegetarian	Roasted vegetable and feta cheese baps	Vegetarian meatballs In tomato sauce	BBQ Quorn fillet with vegan cheese	Mushroom carbonara	
Vegetables & Sides	Garlic new potatoes Baked beans	Spaghetti Broccoli Garlic focaccia	Crispy potatoes Sweetcorn	Herby diced potatoes Green beans	Potato skins Baked beans
Salad bar	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Dessert	Eton mess	Marshmallow crispy treats	Artic roll	Homemade choc chip cookies	Jam doughnuts

We are a Coeliac UK accredited venue. If you require a gluten free dish, please speak to a member of staff and we will be more than happy to prepare one for you.



Week 2 Dinner Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Smokey Red Pepper Soup	Mediterranean Vegetable	Broccoli	Hot & Sour	Red Pepper & Courgette	Chef's Choice	Parsnip
Main 1	Pupil Request: Smokey Beef & Green Pepper Nachos	Pupil Request: Cornflake Chicken with BBQ Sauce	Chicken & Leek Pie	Sweet Chilli Beef Chow Mein	Chicken Stroganoff		Roast Turkey with Sage & Onion Stuffing
Main 2	Lemon & Coriander Chicken	Cheesy Macaroni & Ham Hock	Sausage & Tomato Sauce with Pasta	Pesto Cherry Tomato & Seeds Pasta	Beef Lasagne		Roast Beef & Yorkshire Pudding
Vegan	Five Bean Chilli	Panko Crispy Chickpea Fillet with BBQ Sauce	Butternut Squash, Spinach & Vegan Feta Pasty	Mixed Vegetable Chow Mein	Vegetable Lasagne		Vegetable Wellington Vegan Gravy
Vegetables & Sides	Mexican Rice, Crispy Corn, Onions, Peppers, Mushrooms, Refried Beans, Salsa, Nacho Cheese Sauce	Shoestring Fries Sweet Chilli Corn and Peppers	Crushed Skin on Potatoes Carrots & Peas Gravy	Lemon Fried Rice Stir Fried Greens Prawn Crackers	Seasoned Diced Potatoes Corn on the Cob, Beans		Roast Potatoes Roast Carrots & Parsnips, Mashed Swede, Savoy Cabbage, Gravy
Dessert	Fruitcake & Custard	Strawberry Cheesecake	Pineapple Sundae	Lemon Posset	Biscoff Blondie		Apple & Cinnamon Crumble & Custard

We are a Coeliac UK accredited venue. If you require a gluten free dish, please speak to a member of staff and we will be more than happy to prepare one for you.