

# Lunch Menu

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE ONE	Whole meal Pasta Bolognaise Bake (GF and DF option available)	Turkey Ala King Tender turkey breast cooked with onion & peppers , carrot, mushrooms in a white sauce served with Rice (GF and DF option available)	Garlic & Herb Marinated Chicken Thigh served with Roast potatoes & Seasonal vegetables (GF and DF option)	Hoi Sin Chicken served with Noodles (GF and DF option available)	Sherfield Chip Shop Friday MSC Fish Breaded Cod Fillet Fish Finger G/F fish Finger (GF and DF option - Plain Grilled Fish)
MAIN COURSE TWO	Chermoula Aubergine with Bulgur Wheat (V)	Roasted Balsamic, Beetroot & Shallot Tart Plant based/Vegan (V)	Baked Sweet Potato With Ratatouille Vegan ,Gluten Free (V)	Black Bean Vegetables served with Noodles(V)	Macaroni Cheese (V)
ON THE SIDE	Focaccia Bread Trimmed French Green Beans	Rice Roasted New Potatoes Carrots & Peas	Spring Greens Roast Potatoes Gravy	Prawn Crackers Spring Rolls Garlic & Ginger Broccoli	Chunky Chips Garden Peas Baked Beans Chip Shop Curry Sauce Homemade Tartar Sauce Lemon Wedge & Pickles
HOT OR COLD DESSERT	Traditional Gluten Free Flapjack	Chocolate Brownie	Jelly, fresh fruit, Homemade yoghurt, fruit topping	Lemon Drizzle Sponge cake	Ice Cream
EVERYDAY Homemade Soup of the Day Served with Freshly Made Bread Extensive Salad Bar Jacket Potatoes with Baked Beans & Grated Mature Cheddar and a Daily Hot Filling Fresh Cut and Whole Fruits Natural Homemade Yoghurt and Compote					

Week 1

# Lunch Menu

WEEK TWO

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN COURSE ONE

Sausages  
A selection of butchers sausage  
, served with crushed new  
potatoes, Gravy  
(GF and DF option available)

Mexican Chicken Mince Chilli  
Con Carnie served with Rice &  
Nachos  
(GF and DF option)

Pork & Mushroom Stroganoff  
with smoked paprika  
(GF and DF option available)  
Chicken Available for Halal

Spanish Chicken with, olives,  
vegetables cooked in a rich  
tomato passata sauce  
(GF and DF option available)

Sherfield Chip Shop Friday  
MSC Fish  
Breaded Cod Fillet  
Fish Finger  
G/F fish Finger  
(GF and DF option - Plain  
Grilled Fish)

MAIN COURSE TWO

Plant based Vegetarian  
Sausages (V)

Cauliflower cheese Filled  
Jacket Potato Skins  
(V)

Vegan Moussaka  
(Vegan)(V)

Brie & Cherry Tomato frittata  
(V)

Wild Mushroom Risotto with  
Truffle Oil (V)

ON THE SIDE

Crushed New Potato Mash  
Gravy  
Carrots &  
Peas

Rice  
Nachos  
Sour Cream

Roasted New Potatoes  
Broccoli

Potato wedges  
Carrots  
Sweetcorn

Chunky Chips  
Garden Peas  
Baked Beans  
Chip Shop Curry Sauce  
Homemade Tartar Sauce  
Lemon Wedge & Pickles

HOT OR COLD DESSERT

Marble Cake

Rocky Road

Jelly, fresh fruit, Homemade  
yoghurt, fruit topping

Sticky Toffee Pudding Cake

Assorted Sweet Muffins

EVERYDAY

Homemade Soup of the Day Served with Freshly Made Bread  
Extensive Salad Bar

Jacket Potatoes with Baked Beans & Grated Mature Cheddar and a Daily Hot Filling  
Fresh Cut and Whole Fruits  
Natural Homemade Yoghurt and Compote

Week 2

# Lunch Menu

## WEEK THREE

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### MAIN COURSE ONE

Turkey & Chorizo Jambalaya,  
tender pieces of marinated  
Turkey Breast cooked in  
chicken Stock with tomatoes,  
spices & Rice

Bunny Chow  
Flavorful South African Beef  
made with Aromatic Spices &  
Potatoes  
(GF and DF option available)

Homemade Beef lasagna  
(GF and DF option available)

Chicken Passanda served with  
Rice  
(GF and DF option available)

Sherfield Chip Shop Friday  
MSC Fish  
Breaded Cod Fillet  
Fish Finger  
G/F fish Finger  
(GF and DF option - Plain  
Grilled Fish)

#### MAIN COURSE TWO

Sweet Potato & Black Bean  
Burritos served with chipotle  
yoghurt (Non Dairy) (V)  
Vegan

Stuffed Field Mushrooms with  
Cajun Vegetables  
(V) Vegan G/F

Vegan Vegetable Lasagne  
(V) Vegan G/F

Vegetable Dhansak  
(V) Vegan

Gluten free/Vegan Garden  
Vegetable Burger served in a  
Bap with Salad & Fries(V)

#### ON THE SIDE

Carrots & peas  
New Potatoes  
Gravy

Roasted Potatoes  
Savoy cabbage

House Salad  
Green beans

Rice  
Naan Bread  
Vegetable Samosa

Chunky Chips  
Garden Peas  
Baked Beans  
Chip Shop Curry Sauce  
Homemade Tartar Sauce  
Lemon Wedge & Pickles

#### HOT OR COLD DESSERT

Jam & Coconut sponge

School Party Cake

Jelly, fresh fruit, Homemade  
yoghurt, fruit topping

Black cheery sponge with  
cherry compote

Jam Doughnuts

### EVERYDAY

Homemade Soup of the Day Served with Freshly Made Bread  
Extensive Salad Bar

Grab & Go Bar (see daily Menus)

Jacket Potatoes with Baked Beans & Grated Mature Cheddar, Tuna Mayo (Vegan Mayo only Tuesdays, Thursday) and a Daily Hot Filling

Fresh Cut and Whole Fruits

Natural Homemade Yoghurt and Compote

# Week 3