

Upper School Lunch Menus

Review December 2011

Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish	Sweet and Sour Pork	Beef Lasagne Endive Salad Pesto Oil	Roast Turkey Chipolatas Gravy	Moroccan Style Chicken Tagine	Battered Alaskan Fish Tartare sauce
Vegetarian	Crispy Vegetable Stir-fry Soy and Honey Dressing	Squash and Parmesan Risotto	Sweet Potato and Tomato Frittata	Chargrilled Vegetables Balsamic Dressing	Tomato and Pesto Tart
Potato/Rice/Noodles	Rice	Garlic Bread	Garlic Roasted New Potatoes	Noodles Cous Cous	Potato Chips
Vegetables	Pak Choi Leeks	Tomato and Cucumber salad	Carrots Cabbage	Peas Green Beans	Baked Beans
Sweet/Dessert	Strawberry Pastry Slice	Steamed Lemon Sponge and Custard	Chocolate Mousse	Lemon Meringue Pie	Fresh Fruit Salad

Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish	Beef and Pepper Pie Gravy	Chicken Goujons Caesar Salad	Roast Pork Crackling Apple Sauce Gravy	Hot Chilli Beef Tortillas Salsa Guacamole Sour cream Jalapeños	Chicken Jambalaya
Vegetarian	Broccoli and Cauliflower Cheese Bake	Spinach and Sun Dried Tomato Bruschetta	Broccoli and Cheese Flan	Baked Rice Stuffed Peppers	Cheese and Vegetable Pastry Slice
Potato/Rice/Noodles	Potato Wedges	Egg Noodles	Roast New Potatoes		Chive Potato Mash
Vegetables	Buttered Broccoli	French Beans	Mixed Autumn Vegetables	Corn on the Cob	Provencale Tomatoes
Sweet/Dessert	Chocolate and Orange Mousse	Fresh Fruit Salad	Sticky Toffee Pudding	Spiced Apple Cake	Fruit Flapjack

Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish	Chicken Korma Naan Bread	Beef and Mustard Pie Gravy	Roast Gammon Pineapple Gravy	Sticky Spare Ribs BBQ Dip	Chicken Escalope Gravy
Vegetarian	Vegetable Korma	Lemon and Coriander Houmous Pesto Olives Flat Bread	Warm Cheese Fondue with Crudités	Pepper and Pesto Pastry Tart	Cauliflower Cheese
Potato/Rice/Noodles	Rice	Wedges	Roasted Potatoes	Baked Potato	Herb Diced Potatoes
Vegetables		Crushed New Potatoes	Savoy Cabbage	Coleslaw	Sweetcorn and Peas
Sweet/Dessert	Chocolate Shortbread	Apple Pie Cream	Rhubarb Crumble Custard	Lemon Sponge Custard	Fruit Salad Cream

Menu 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish	Chicken and Ham Pie Gravy	Baked Potato Minced Beef Baked Beans Coleslaw	Local Pork Sausages Red Onion Gravy	Swedish Meatballs Tomato Sauce	Cajun Chicken Gravy
Vegetarian	Macaroni Cheese	Ratatouille Crumble	Vegetable Chow Mein Soy Dressing	Roast Vegetable Parcel	Red Pepper and Cheese Flan
Potato/Rice/Noodles	Herb Wedges		Cheesy Mash Potato	Parsley Potatoes	Noodles
Vegetables	Carrots	Mixed Salad	Sweetcorn	Green Beans Puy Lentils	Broccoli
Sweet/Dessert	Lemon Drizzle Cake	Chocolate Brownies	Apple and Autumn Fruit Crumble	Chocolate Sponge Chocolate Sauce	Carrot Cake