












# Senior School Lunch Menu Week 1

Week Commencing : 2nd and 23rd September, 14th October , 18th November and 9th of December	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup and Bakery</b>	Tomato and Basil Soup with Homemade Bread	Vegetable Soup with Homemade Bread	Leek and Potato Soup with Homemade Bread	Sweet Potato and Carrot Soup with Homemade Bread	Cream of Mushroom Soup with Homemade Bread
<b>Home Comforts Main Meal Choice with Sides</b> <b>GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Quinton House School Brunch – Double Grilled Sausages, Grilled Bacon, Diced Oven Baked Potatoes, Grilled Half a Tomato and Baked Beans	Smoky Chicken Pasta served with a Slice of Garlic Bread and a Mixed Leaf Seasonal Salad	Mexican Style Chilli Con Carne served with Steamed Rice, Guacamole, Salsa and Nacho Chips	Creamy Chicken Pie served with Crushed New Potatoes, Seasonal Fresh Vegetables and Fresh Gravy	Prime Cheeseburger served with Chipped Potatoes, Crisp Iceberg Lettuce, Red Onions, Assorted Pickles and Sauces
<b>Vegetarian Plant Based Main Meal Choice with Sides</b> <b>GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Quinton House School Vegetarian Brunch – Double Grilled Vegetarian Sausages,, Diced Oven Baked Potatoes, Grilled Half a Tomato, Mushrooms and Baked Beans	Vegetable Pesto Pasta with Courgettes and Spinach served with a Slice of Garlic Bread and a Mixed Leaf Seasonal Salad	Mexican Style Bean and Vegetable Chilli served with Steamed Rice, Guacamole, Salsa and Nacho Chips	Vegetarian Spinach and Feta Parcel, served with Crushed New Potatoes, Seasonal Fresh Vegetables and Fresh Gravy	Veggie Cheeseburger served with Chipped Potatoes, Crisp Iceberg Lettuce, Red Onions, Assorted Pickles and Sauces
<b>Salad Market</b> <b>GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Houmous and Crudities and Coleslaw  Ham, Boiled Eggs, Cheddar, Quinoa and Mixed Leaves  Sliced Fresh Bread & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Greek Salad and Coleslaw  Tuna, Chicken or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves  Sliced Fresh Bread & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Cucumber, Orange and Beetroot Salad and Coleslaw  Chicken, Boiled Eggs or Grated Cheddar, Puy Lentils and Mixed Leaves  Sliced Fresh Bread & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Crushed Pea, Mint and Charred Courgette Bulgar Wheat Salad and Coleslaw  Tuna, Ham or Grated Cheddar, Chick Peas and Mixed Leaves  Sliced Fresh Bread & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Potato and Chive Salad and Coleslaw  Ham, Boiled Eggs or Grated Cheddar, Mixed Beans and Mixed Leaves  Sliced Fresh Bread & Butter Portion  Selection of Dressings and Grains
<b>Refuel</b> <b>GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF</b> <b>Selection of Daily Fresh Filled Sandwiches, Rolls, Wraps or Baguettes</b>	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings
<b>Dessert</b>	Traditional Shortbread Slice	Marshmallow Square	Traditional Apple Crumble with Fresh Custard	Chocolate Brownie	Slice of Fruited Flapjack
<b>Fruit, Jellies &amp; Yoghurt Pots</b>	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots



# Senior School Lunch Menu Week 2



Week Commencing: 9 <sup>th</sup> September, 30 <sup>th</sup> September, 4 <sup>th</sup> and 25 <sup>th</sup> of November	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Soup and Bakery</b>	Cream of Tomato Soup with Homemade Bread	Green Giant Soup with Homemade Bread	Red Lentil Soup with Chickpea and a Hint of Chilli with Homemade Bread	Roasted Butternut Squash Soup with Homemade Bread	Minestrone Soup with Homemade Bread
<b>Home Comforts Main Meal Choice with Sides</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Beef Bolognaise finished with Fresh Basil and served with Spaghetti, Garlic and Herb Bread, Salad and Fresh Parmesan Cheese 	Jerk Chicken Thigh served with Rice and Peas and Garnished with Plantain and served with Fresh Coleslaw	Roast Pork served with Sage and Onion Stuffing and Apple Sauce, Roasted Potatoes and Seasonal Greens and Fresh Gravy	Chicken Tikka Masala served with Pilau Rice,, Mango Chutney and Mini Onion Bhaji	Siracha Southern Fried Chicken Wrap served with French Fried Potatoes and Homemade Coleslaw
<b>Vegetarian Plant Based Main Meal Choice</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b> 	Vegemince Bolognaise served with Spaghetti, Garlic and Herb Bread, Salad and Fresh Parmesan Cheese 	Jerk Butternut Squash and Halloumi Skewer served with Rice and Peas and Garnished with Plantain and served with Fresh Coleslaw	No Waste Cauliflower and Macaroni Cheese served with Roasted Potatoes and Seasonal Greens	Chana Masala served with Pilau Rice, Mango Chutney and Mini Onion Bhaji 	Siracha Southern Fried Quorn Wrap served with French Fried Potatoes and Homemade Coleslaw
<b>Salad Market</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b> 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Italian Style Rocket Salad with Balsamic Dressing and Coleslaw   Ham, Cheddar, Quinoa and Mixed Leaves  Sliced Fresh Bread & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Greek Salad and Coleslaw   Chicken, Cheddar Cheese or Ham, Wholemeal Cous Cous and Mixed Leaves  Sliced Fresh Bread & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Tomato, Red Onion and Lentil Salad and Coleslaw   Tuna or Grated Cheddar, Puy Lentils and Mixed Leaves  Sliced Fresh Bread & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Bombay Potato Salad with Fresh Coriander and Coleslaw   Grated Cheddar or Boiled Eggs, Chick Peas and Mixed Leaves  Sliced Fresh Bread & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Orzo and Roasted Vegetable Salad & Coleslaw   Ham or Grated Cheddar, Mixed Beans and Mixed Leaves  Sliced Fresh Bread & Butter Portion  Selection of Dressings and Grains
<b>Refuel</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b> <b>Selection of Daily Fresh Filled Sandwiches, Rolls, Wraps or Baguettes</b>	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings
<b>Dessert</b>	Banana Sponge Cake	Seasonal Fresh Fruit Meringue with Fresh Cream	Raspberry and Lemon Crumble Cake	Fresh Homemade Carrot Cake	Assorted Oven Baked Cookie
<b>Fruit, Jellies &amp; Yoghurt Pots</b> 	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots

# Senior School Lunch Menu Week 3



Week Commencing 16 <sup>th</sup> September, 7 <sup>th</sup> October, 11 <sup>th</sup> November and 2 <sup>nd</sup> of December	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Soup and Bakery</b>	Creamed Sweetcorn Soup with Homemade Bread	Carrot and Coriander Soup with Homemade Bread	Fresh Tomato Soup with Homemade Bread	Cauliflower Cheese Soup with Homemade Bread	Sweet Potato Soup with Homemade Bread
<b>Home Comforts Main Meal Choice</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Chicken and Pepper Fajitas served with Savoury Rice, Cheese Sauce, Jalapenos, Fresh Coriander and Tomato Salsa	Toad in The Hole served with Creamy Root Mash, Peas and Sliced Carrots and Fresh Gravy	Coconut and Lemongrass Chicken served with Egg Noodles and a Mini Pancake Roll	Baked Beef Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges and Fresh Minted Peas	Chef's Special Pepperoni Pizza or BBQ Chicken Pizza served with Chipped Potatoes, and a Mixed Side Salad
<b>Vegetarian Plant Based Main Meal Choice</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Traditional Mac and Cheese served with a Mixed Leaf Salad	Vegetarian Toad in the Hole served with Creamy Root Mash, Peas and Sliced Carrots and Fresh Gravy	Coconut and Lemongrass Quorn Pieces served with Egg Noodles and a Mini Pancake Roll	Four Cheese Ravioli with a Fresh Tomato Sauce served with a Mixed Leaf Salad	Chef's Special Margarita Pizza served with Chipped Potatoes, and a Mixed Side Salad
<b>Salad Market</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Chargrilled Roasted Pepper, Aubergine and Courgette Mezze ad & Coleslaw  Ham or Cheddar Cheese, Quinoa and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Fresh Baked Beetroot Salad with Crumbled Feta Coleslaw  Tuna, Chicken or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Moroccan Style Cous Cous Salad with Preserved Lemons and Coleslaw  Ham, Tuna or Grated Cheddar, Puy Lentils and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Five Bean Salad and Coleslaw  Cheddar Cheese or Boiled Eggs, Chick Peas and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Tuna and Sweetcorn Pasta Salad and Coleslaw  Ham or Grated Cheddar, Mixed Beans and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains
<b>Refuel</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Pasta Bar with Daily Hot Sauce  Selection of Filled Sandwiches, Rolls, Wraps or Baguettes with Assorted Fillings
<b>Dessert</b>	Iced Blueberry and Vanilla Sponge Cake	Chocolate Chip Bread and Butter Pudding served with Fresh Custard	Slice of Lemon Drizzle Cake	Homemade Rock Cake	Slice of Hot Chocolate Pie
<b>Fruit, Jellies &amp; Yoghurt Pots</b>	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots