

This Week's Lunch Menu

Our in-house catering team, led by chef Mark Ryan, freshly prepare all food on site and the inclusion of an appropriately healthy meal at midday is an important part of what we offer our pupils. Our "healthy eating" policy encourages pupils to make sensible choices at mealtimes.

In addition Prep pupils are offered fresh fruit and milk at morning break – they may also bring from home a small, healthy sandwich to eat at this time. Pupils staying for after school care have a hot meal at 5.15pm.

Monday

Charred Lemon and Thyme Breast of Chicken (4,10)
Moroccan Style Vegetable and Apricot Tagine, with
Couscous (1a,11)
Oven Baked Seasoned Potato Wedges
Buttered Sweetcorn (4)

Home-baked Orange Cupcake with a Stem Ginger Cheese
Frosting (1a,4,5)

Tuesday

Slow Braised Beef Chuck & Winter Vegetable Pie
(1a,4,5,12)
Shallow Fried Oriental Vegetable Spring
Roll, Sweet Chili Dip (1a,5,8,11)
Creamed Potato (4)
Honey & Ginger Glazed Roast Carrots (4)

Luscious White Chocolate Blondies (1a,4,5)

Wednesday

Creamy Breast of Chicken and Broccoli Pasta Bake,
Parmesan Crust (1a,4)
Roasted Fennel and Wood Mushroom Bouchée (1a,4,5)
Penne Aglio (1a)
Garden Peas (4)

Homemade Toffee and Apple Muffin (1a)

Thursday

Beef and Egg Noodle Stir Fry Kung Po Style, with Asian
Greens (1a,5,8,11)
Roasted Mediterranean Vegetable Lasagne (1a,5)
Steamed Fluffy Rice
Broccoli Florets

Chocolate Glazed Rich Coconut Macaroon (1a,4,5)

Friday

Cheesy Mexican Spiced Beef Quesadillas (1a)
Vegetable and Mixed Bean Taco (1a)
Braised Savory Rice (4)
Sweetcorn (4)

Cinnamon and Dark Chocolate Rice Crispy Sandwich (1a,4)

Nutrition Information

Dishes listed above contain allergens as detailed:

1. Cereal: a-wheat, b-oats, c-barley
2. Nuts
3. Peanuts
4. Milk
5. Eggs
6. Fish
7. Shellfish /Crustaceans
8. Soybeans
9. Mollusks
10. Mustard
11. Sesame seeds
12. Sulphur dioxide
13. Lupin
14. Celery

We maintain a nut-free environment at all times. Parents should bring to the School's attention any other allergies that their children may suffer from, so that relevant options can be considered by our Catering Department.