

## 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

Seared Beef Pattie with a Rich Onion & Balsamic Gravy (1a,6,12)

Oven Roasted Cherry Tomato, Feta and Wilted Spinach Quiche (1a,4,6)

Creamed Potato (4)

Vichy style Carrots (4)

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Vanilla and Chocolate Marble Cupcakes (1a,4,5)

### Tuesday

Butter Basted Roast Turkey Crown, Sage & Cranberry Jus (4,12)

Vine Tomato, Black Olive & Parmesan Bruschetta (1a)

Mashed Potato (4)

Honey Roasted Root Vegetables

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Pinwheel Cookies (1a,4,5)

### Wednesday

Mild Chicken Curry Breast, enriched with Mango Chutney & Greek Yoghurt (4,1a)

Red Lentil and Vegetable Bolognese with Spaghetti (1a)

Steamed Fluffy Rice

Buttered Garden Peas (4)

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Raspberry and White Chocolate Cake (1a,4,5)

### Thursday

Shallow Fried Crispy Plaice/Cod Goujon, Lemon Wedge (1a,6,5,4)

Charred New Potato, Rosemary & Olive Tortilla (4,5)

Steamed Parsley Potato (4)

Seasonal Broccoli Florets

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Oats and Raising Cookies (1b,4)

### Friday

Italian Style Beef Bolognese, and Parmesan (1a,4)

Rustic Style Pizza Margherita (1a,4)

Penne Aglio & Olio (1a,4)

Tossed garden Salad

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Shortbread Caramel Bar (1a,4,5)

### 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.