

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

Homemade Italian Meatballs, Rich Tomato
& Smoked Garlic Sauce (5)

Roast Cherry Tomato, Baby Spinach Fusilli Pasta Bake
(1a)

Penne Pasta
(1a)

Blueberry Muffin
(1a,4,5)

Tuesday

Traditional Cottage Pie, Crispy Celeriac Potato Topping
(5,6,12)

Roast Vegetable & Puy Lentil Hotpot

New Season Carrots & Boiled Baby Potato
(4)

Fresh Fruit

Wednesday

Breast of Chicken Arrabiata Pasta Bake,
Three Cheese Crust (1a,4)

Roasted Mediterranean Vegetable Lasagne
(1a,4)

Steamed Broccoli

Home-baked Cranberry & Orange Flapjack
(1b)

Thursday

Creamy Breast of Chicken & Autumn Vegetable Pie
(1a,4,5,11,12,14)

Shallow Fried Oriental Vegetable Spring Roll, Soy Sauce
(1a,8,11)

Creamed Potato
(4)

Zesty Lemon Drizzle Cake
(1a,4,5)

Friday

Spicy Mexican Beef Taco
(1a)

Charred Vegetable & Mixed Bean Taco
(1a)

Boiled Fluffy Rice & Buttered Sweetcorn
(4)

Rich Double Chocolate Homemade Brownies
(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.