

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

Breast of Chicken Tikka Masala
(4,10)

Roast Butternut Squash, Chickpea & Baby Spinach Masala
(4,10)

Boiled Rice & Butter Peas
(4)

Home-baked Sticky Gem Ginger Cake
(1a,4,5)

Tuesday

Slow Braised Beef & Roast Vegetable Hot Pot
(1a,5,7,12)

Mexican Style Vegetable Enchilada

Creamed Potatoes
(4)

Rich Chocolate & Orange Muffin
(1a,4,5)

Wednesday

American Style Meatloaf Au Jus
(5,6,10)

Roast Vegetable & Feta Cheese Strudel
(1a,5,4)

Spicy Potato Wedges & Buttered Sweetcorn
(1a,4)

Homemade Ginger & Orange Flapjack
(1b)

Thursday

Grilled Bangers & Mash with Oven Gravy
(1a,4,6,12)

Roasted Vegetables & Couscous
(1a)

Baked Beans

Raspberry Frosted Cup Cake
(1a,4,5)

Friday

Three Cheese & Smoked Pancetta Pasta Bake
(1a,4,5,12)

Three Cheese Macaroni Pasta Bake
(1a,4,5,12)

Steamed Market Fresh Broccoli

Dark Chocolate & Marshmallow Rice Crispy Bun
(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.