

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

Rich Creamy Chicken and Smoked Bacon Vol-Au-Vent
(1a,4,5,12)

Rigatoni Pasta Bake with Roast Pepper, Baby Spinach
Pecorino Gratin (1a,4)

Steamed parsley potato (4)

Buttered sweetcorn (4)

Home Baked Gingerbread cake, butterscotch glaze (1a,4,5)

Tuesday

Slow Roasted Stuffed Pork Loin, Rosemary and Apple Gravy
(1a,4,12)

Charred Mediterranean Vegetable Wrap, Olive Tapenade
(1a,4,6)

Creamed Potato (4)

Roasted Chunky Carrots

Rich Lime and Coconut Cupcake (1a,4,5)

Wednesday

Traditional Shepard's Pie, Crispy Sweet Potato Crust
(4,5,12)

Three Cheese Macaroni Bake (1a,4)

Buttered Garden Peas (4)

Minted New Baby Potatoes (4)

Homemade Cranberry and Orange Flapjack (1b,4,12)

Thursday

Mediterranean Chicken Pasta Bake (1a,4)

Stuffed Crispy Twice Baked Potato (4)

Pasta Pomodoro (1a,4,12)

Steamed Broccoli Florets

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

Friday

Battered Crispy Cod Fillet and Chips, Lemon & Tartare
Sauce (1a,4,5,6)

Oriental Stir Fried Vegetable Chow Mein, Soya Dip
(1a,4,8,11)

Salted Oven Baked Chips

Mushy Peas (4)

Rich Gooney Dark Chocolate Brownie (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.