

Sample Junior School Lunch Menu

Chinese Theme Day

	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soup of the Day	Mushroom			Chicken & Sweetcorn	Tomato & Roast Pepper
Bistro 1	Chilli Con Carne on a bed of Fluffy Rice, Served with Tortilla Chips, Grated Cheese and Sour Cream	Spicy Chicken Fajita's with Salsa & Sour Cream	Traditional Roast Topside of Beef with Yorkshire Pudding and Rich Gravy	Hoi Sin Chicken Thighs, Roasted Broccoli and Red Onion with jasmine Rice	Fish Finger in a Soft Roll with Iceberg Lettuce and Mayo on the Side
Bistro 2 – Special	Peri Peri Chicken & Coleslaw	Lamb Hot Pot		Chinese Beef Curry with Peas with Fried Noodles	Pupils Choice: Battered Chicken Breast Nuggets
Bistro 3 – Vegetarian	Quorn Katsu Curry Served with Fully Rice	Butternut Squash & Feta Puffs	Stuffed Roasted Peppers with Spicy Tomato Sauce	Quorn Sweet & Sour with Fluffy Rice	Beetroot Falafel Served in a Flat Bread, Chef's Salad & Tzatziki
Side Dishes	New Potatoes; Sweetcorn; Green beans	Spiced Potato Wedges and a Medley of Vegetables	Roast Potatoes; Cauliflower Cheese; Honey Roasted Parsnips	Baby Corn and Julienne of Carrots	French Fries; Baked Beans; Garden Peas
Simply Salad	Fresh leaves, tomato, cucumber, sweetcorn, coleslaw, grated carrot, beetroot & red onion, including House Special salad of the day				
Jacket Potato Bar	Jacket Potato with a selection of hot and cold fillings				
Dessert	Best Ever Chocolate Brownie	Lemon Drizzle Cake and Custard	Mini Yoghurts	Vanilla Ice Cream and Mango Sauce	Homemade Cookies
Fruit	A selection of fresh fruit, including fruit of the week				

For Allergen information please speak to the Kitchen Manager