



# LUNCH MENU

## SPRING TERM 2019

### 1. COTTAGE PIE

(Mashed Potato, quorn mince, carrots, onions, parsnips, gravy, veg stock cubes)  
**Prunes and custard**

### 2. CHICKEN AND HAM PIE

(chicken, ham, onion, peas, garlic, herbs, white sauce, veg and chicken stock, pastry topping)  
**Peaches and yoghurt**

### 3. PILCHARD PASTA

(Pilchards in tomato, herbs, tomatoes, onion, peppers, pasta)  
**Apple sponge and custard**

### 4. CHICKEN DINNER

(Chicken, broccoli, cauliflower, carrots, mashed potato, gravy)  
**Cheesecake and fruit**

### 5. CHEESY MASH AND BEANS

(Mashed potato, cheese, baked beans)  
**Warm fruit and vanilla sauce**

### 6. VEGETABLE LASAGNE

(Tomatoes, onions, courgettes, peppers, pasta sheets, white sauce, stock cubes)  
**Rice pudding and sultanas**

### 7. FISH PIE OR FISH CRUMBLE

(White fish, broccoli, cauliflower, potatoes, white sauce, and a stock cube)  
**Bananas and custard**

### 8. TOMATO PASTA

(Tomatoes, Herbs, onion, peppers, cannelloni beans, pasta)  
**Fruit crumble and custard**

### 9. CHICKEN AND VEG MASH TOP PIE

(Chicken, potatoes, carrots, parsnips, broccoli, cauliflower, chicken and veg stock, white sauce)  
**Flapjack and yoghurt**

### 10. VEGETABLE CURRY AND RICE

(Seasonal vegetables, curry powder, coconut milk, rice)  
**Beetroot chocolate cake with cocoa custard**

### 11. BROCCOLI AND CAULIFLOWER PASTA BAKE

(Pasta, Broccoli, cauliflower, white sauce, veg stock, cheese)  
**Fruit and custard**

### 12. FISH FINGERS, MASH AND BEANS

(Fish Fingers, potatoes, baked beans)  
**Semolina and fruit compote**

### 13. BEAN CHILLI AND RICE

(Baked beans, kidney beans, peppers, onions, tomatoes, cumin, stock)  
**Fruit Strudel and custard**

### 14. SAUSAGE CASSEROLE

(97% meat sausages, carrots, onions, parsnips, seasonal vegetables, gravy)  
**Fruit and Greek yoghurt**

### 15. RICE AND RED LENTILS

(Long grain rice, red lentils, onion, chopped tomatoes, red pepper chopped, carrots, peas, veg stock)  
**Cake and custard**

### 16. VEGETABLE HOT POT

(Carrots, onions, parsnips, broccoli, cauliflower, other vegetables, potatoes)  
**Ground Rice and fruit**