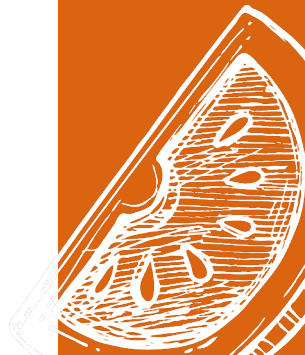




# **SENIOR SCHOOL MENU**

**January – March 2024**



## Menu Schedule

Menu Week 1	Menu Week 2	Menu Week 3
08/01/2024	15/01/2024	22/01/2024
29/01/2024	05/02/2024	19/02/2024
26/02/2024	04/03/2024	11/03/2024
18/03/2024	25/03/2024	

## Term Highlights

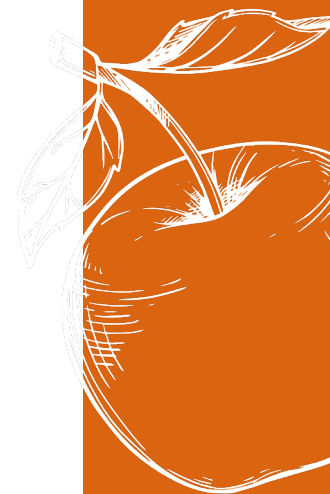
Month	Chef Demonstration	Supplier Showcase
January	Sushi	iPro Hydrate – Soft Drinks
February	Pasta	Rollover – Hot Dogs
March	Pizza Making	Mark Murphy – Fruit & Vegetables

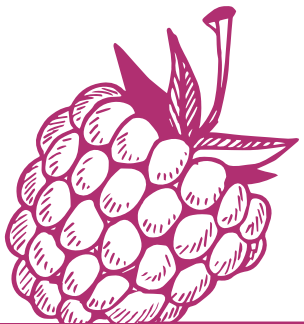
## Lunch Tariff

Hydration Station of Water, Diluting Juice or Milk included for all Pupils	
Main Meal / Meat Free Main Meal & Sides <b>£3.50</b>	Grab & Go <b>£3.00</b>
Soup, Bread Roll & Butter <b>£1.20</b>	Hot Sandwich <b>£3.00</b>
Filled Jacket Potato & Salad from <b>£1.95</b>	Dessert <b>£1.10</b>
Pasta Bar <b>£2.00</b>	Other items individually priced please refer to tariff

## National Food Theme Days 2024

DATE	CELEBRATION
1 <sup>st</sup> – 31 <sup>st</sup> January	Veganuary
6 <sup>th</sup> January	National Shortbread Day
22 <sup>nd</sup> January	Chinese New Year
25 <sup>th</sup> January	Burns Night
4 <sup>th</sup> February	Yorkshire Pudding Day
9 <sup>th</sup> February	World Pizza Day
13 <sup>th</sup> February	Pancake Day / Shrove Tuesday
14 <sup>th</sup> February	Ash Wednesday
14 <sup>th</sup> February	Valentines Day
1 <sup>st</sup> March	St Davids Day
4 <sup>th</sup> – 10 <sup>th</sup> March	British Pie week
9 <sup>th</sup> March	International School Meals Day
17 <sup>th</sup> March	St Patrick's Day
17 <sup>th</sup> March	Red Nose Day
19 <sup>th</sup> March	Mothers Day
25 <sup>th</sup> March	International Waffle Day

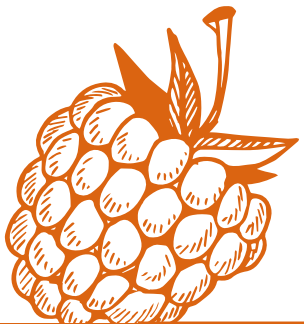




# WEEK 1 BREAKFAST & BREAK



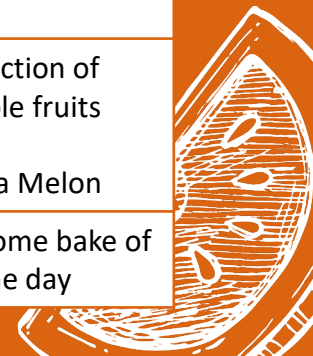
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Hydration Station, Diluting Juice, Fresh Milk, Fruit Infused Water				
HOT ITEMS	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans
DAILY BREAKFAST ITEMS	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots
DAILY SPECIAL	Hash Browns Sauté Mushrooms	French Toast Grilled Tomatoes	Haggis Black Pudding	Pizza Rolls	Fried Egg Friday
WHOLE & CUT FRUIT	Selection of whole fruits  Watermelon	Selection of whole fruits  Pineapple	Selection of whole fruits  Grapes	Selection of whole fruits  Kiwi & Strawberries	Selection of whole fruits  Cantaloupe Melon
HOME BAKING	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day

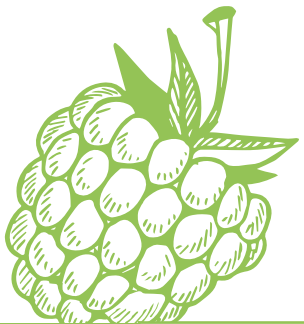


# WEEK 2 BREAKFAST & BREAK



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Hydration Station, Diluting Juice, Fresh Milk, Fruit Infused Water				
HOT ITEMS	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans
DAILY BREAKFAST ITEMS	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots
DAILY SPECIAL	Hash Browns Sauté Mushrooms	French Toast Grilled Tomatoes	Haggis Black Pudding	Pizza Rolls	Fried Egg Friday
WHOLE & CUT FRUIT	Selection of whole fruits  Watermelon	Selection of whole fruits  Oranges	Selection of whole fruits  Mixed Berries	Selection of whole fruits  Grapefruit	Selection of whole fruits  Galia Melon
HOME BAKING	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day

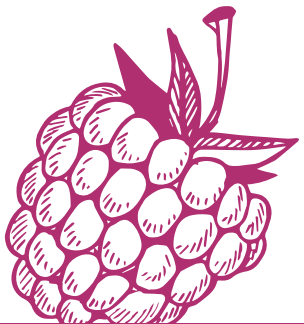




# WEEK 3 BREAKFAST & BREAK



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Hydration Station, Diluting Juice, Fresh Milk, Fruit Infused Water				
HOT ITEMS	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans	<b>Hot Filled Rolls</b> Bacon Lorne Sausage Pork Link Sausage Potato Scone Baked Beans
DAILY BREAKFAST ITEMS	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots	Selection of breakfast cereals  Wholemeal toast spread & preserves  Porridge pots
DAILY SPECIAL	Hash Browns Sauté Mushrooms	French Toast Grilled Tomatoes	Haggis Black Pudding	Pizza Rolls	Fried Egg Friday
WHOLE & CUT FRUIT	Selection of whole fruits  Watermelon	Selection of whole fruits  Exotic Fruits	Selection of whole fruits  Grapes	Selection of whole fruits  Plum & Blueberry	Selection of whole fruits  Honeydew Melon
HOME BAKING	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day	Chefs home bake of the day

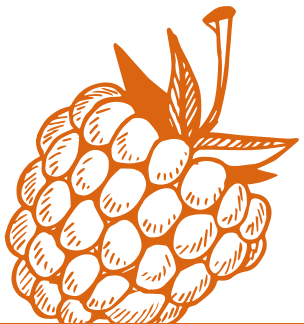


# WEEK 1 LUNCH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chefs home made soup of the day	Chefs home made soup of the day	Chefs home made soup of the day	Chefs home made soup of the day	Chefs home made soup of the day
<b>MAIN MEAL</b>	Pasta Bolognese	Butter Chicken Curry	Creamy Chicken, Tomato & Mascarpone Pasta Bake	French Bread Pizza	Battered MSC Haddock/ Cod Fillet Fish Fingers
<b>MEAT FREE MAIN MEAL</b>	Quorn Mince Pasta Bolognese	Sweet Potato, Chickpea & Spinach Curry	Macaroni Cheese	Vegetable Calzone	Loaded Potato Boats
<b>ON THE SIDE</b> (included with main meal)	Green Beans Steamed Carrots Bread Roll & Butter Salad Bar	50/50 Rice Tender stem Broccoli Chapati Raita Salad Bar	Garlic Bread Potato Waffle Sauté Seasonal Greens Roast Root Vegetables Salad Bar	Herb Diced Potatoes Corn on the Cob Chefs Vegetable Medley Salad Bar	Chunky Chips Baked Beans Petit Pois Lemon Wedges Curry Sauce Salad Bar
<b>GRAB &amp; GO</b>	Chicken Fajita Wraps	Homemade Corn Dogs	Chicken Tikka Salad Box	Steak Bake	Vegetable Pakora
<b>HOT SANDWICH</b>	Toastie Chefs selection of fillings	Panini Chefs selection of filling	Ciabatta Chefs selection of fillings	Bagel Chefs selection of filling	Pitta Pocket Chefs selection of fillings
<b>DESSERT</b>	Strawberry & Cream Tart	Golden Syrup Sponge Cake with Custard	Chocolate & Raisin Cookie	Lemon Posset with Shortbread Crumb & Fruit Puree	Fruit Jelly & Ice Cream
<b>EVERY DAY</b>	Selection of artisan sandwiches, wraps, rolls & baguettes Jacket potato with baked beans, cheddar cheese, coleslaw or tuna mayo 50/50 pasta with fresh tomato sauce Salad Bar: Spring leaves, cherry tomatoes, cucumber sticks, sweetcorn, beetroot, sliced peppers, grated carrots, seeds, dressings, chefs salads of the day Hydration station, squash, fresh milk, selection of bottled drinks				



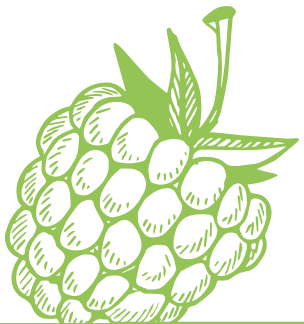


# WEEK 2 LUNCH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chefs home made soup of the day	Chefs home made soup of the day	Chefs home made soup of the day	Chefs home made soup of the day	Chefs home made soup of the day
<b>MAIN MEAL</b>	Lasagne al forno	Chinese Chicken Curry	Breaded Chicken Breast with Tomato & Basil Sauce	Steak & Sausage Pie	Battered MSC Haddock/ Cod Fillet Fish Fingers
<b>MEAT FREE MAIN MEAL</b>	Vegetable Lasagne	Chinese Vegetable & Egg Stir Fry	Breaded Quorn Fillet with Tomato & Basil Sauce	Roasted Vegetable Pie	Loaded Potato Boats
<b>ON THE SIDE</b> (included with main meal)	Garlic Bread Roasted Peppers Mixed Salad Crunchy Coleslaw Salad Bar	Vegetable Fried Rice Prawn Crackers Baby Corn Mangetout Salad Bar	Spaghetti Vegetable Medley Sautéed Courgettes Salad Bar	Mashed Potatoes Broccoli Steamed Carrots Gravy Salad Bar	Chunky Chips Baked Beans Petit Pois Lemon Wedges Curry Sauce Salad Bar
<b>GRAB &amp; GO</b>	Chicken Chow Mein	Pasta Carbonara	Oriental Vegetable Spring Rolls	Southern Fried Chicken	Assorted Filled Tortilla Wraps
<b>HOT SANDWICH</b>	Toastie Chefs selection of fillings	Panini Chefs selection of filling	Ciabatta Chefs selection of fillings	Bagel Chefs selection of filling	Baguette Chefs selection of fillings
<b>DESSERT</b>	Apple Crumble with Custard	Fruity Flapjack	Blueberry Muffin	Caramel Flan	Fruit Jelly & Ice Cream
<b>EVERY DAY</b>	Selection of artisan sandwiches, wraps, rolls & baguettes Jacket potato with baked beans, cheddar cheese, coleslaw or tuna mayo 50/50 pasta with fresh tomato sauce Salad Bar: Spring leaves, cherry tomatoes, cucumber sticks, sweetcorn, beetroot, sliced peppers, grated carrots, seeds, dressings, chefs salads of the day Hydration station, squash, fresh milk, selection of bottled drinks				





# WEEK 3 LUNCH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chefs home made soup of the day	Chefs homemade soup of the day	Chefs home made soup of the day	Chefs home made soup of the day	Chefs home made soup of the day
MAIN MEAL	Meatballs in Tomato & Basil Sauce	Chefs Roast of the Week with Gravy	Crispy Chicken Burger	Toad in the Hole	Battered MSC Haddock Cod Fillet Fish Fingers
MEAT FREE	Plant Based Meatballs in Tomato & Basil Sauce	Cheese & Potato Pie	Veggie Burger	Veggie Sausage Toad in the Hole	Loaded Potato Boats
ON THE SIDE (included with main meal)	Spaghetti Garlic Bread Broccoli Cauliflower Salad Bar	Yorkshire Pudding Roast Potatoes Roast parsnips Savoy Cabbage Salad Bar	Potato Wedges Corn on the Cob Asian Slaw Mixed Salad Salad Bar	Baby Potatoes Baked Beans Roast Carrots & Swede Salad Bar	Chunky Chips Baked Beans Petit Pois Lemon Wedges Curry Sauce Salad Bar
GRAB & GO	Hot Dogs	Chicken / Vegetable Gyozas	Chorizo Patatas Bravas	Special Fried Rice	Assorted Filled Tortilla Wraps
HOT SANDWICH	Toastie Chefs selection of fillings	Panini Chefs selection of filling	Ciabatta Chefs selection of fillings	Bagel Chefs selection of fillings	Tortilla Wraps Chefs selection of fillings
DESSERT	Hot Chocolate Sponge Cake with Cream	Mandarin Crème Brûlée Tart	Pancakes & Berries	Biscoff Cheesecake	Fresh Fruit Jelly & Ice Cream
EVERY DAY	Selection of artisan sandwiches, wraps, rolls & baguettes Jacket potato with baked beans, cheddar cheese, coleslaw or tuna mayo 50/50 pasta with fresh tomato sauce Salad Bar: Spring leaves, cherry tomatoes, cucumber sticks, sweetcorn, beetroot, sliced peppers, grated carrots, seeds, dressings, chefs salads of the day Hydration station, squash, fresh milk, selection of bottled drinks				