

PRINCIPALS LUNCH MENU

EVERY DAY WE HAVE **FRESHLY BAKED BREAD!**

| | DAY | MAINS | | SIDES | PUDDINGS |
|----------|----------------------------|--|--|--|--|
| | | VEGETARIAN | MEAT | | |
| WEEK 1 | 24/02/20 | MIXED BEAN BURRITO ⁽³⁾ & WEDGES | NEAPOLITAN PASTA ⁽³⁾ | GARLIC BREAD ^(1,3,6,11) , SWEETCORN & PEPPERS, MIXED SALAD | LIGHT, FLUFFY STRAWBERRY MOUSSE ⁽¹⁾ |
| | 16/03/20 | BUTTERNUT SQUASH, SPINACH & LENTIL DAHL ⁽³⁾ | CHICKEN KORMA ⁽¹⁾ | LEMON & CORIANDER RICE, CUMIN SPICED CAULIFLOWER WINGS ⁽³⁾ , CUCUMBER & MINT SALAD, CURRY BREAD ^(1,3,6,11) | GIANT OAT COOKIE ⁽³⁾ |
| | 13/04/20 | COURGETTE, PEA & MINT FRITTATA ^(1,11) | ROAST BRITISH GAMMON & GRAVY | SKIN-ON ROAST POTATOES, CARROTS, PEAS, HERBY LOAF ^(1,3,6,11) | RAINBOW FRUIT SALAD |
| | 04/05/20 | SPICY CARROT BALLS ⁽³⁾ & RED PEPPER HUMMUS | ITALIAN BEEF & BEAN HOTPOT | STEAMED BROCCOLI, TOMATO & SQUASH TABBOULEH SALAD ⁽³⁾ , BEETROOT LOAF ^(1,3,6,11) | STICKY TOFFEE APPLE PUDDING ^(1,11) & CUSTARD ⁽¹⁾ |
| | 01/06/20 | PIZZA CHOICE ^(1,3,6,11) | FISH FINGERS ^(2,3) /SALMON | CHIPS, PEAS, BAKED BEANS, SQUASH & BASIL BREAD ^(1,3,6,11) | CHERRY & PINEAPPLE FLAPJACK ^(3,12) |
| 22/06/20 | FISHCAKES ^(2,3) | | | | |
| WEEK 2 | | VEGETARIAN | MEAT | | |
| | 02/03/20 | 5 BEAN JAMBALAYA | CHEESY PASTA BAKE ^(1,3,14) | GREEN BEAN PROVENCALE, SWEET CHILLI RAINBOW SLAW, CARAMELISED RED ONION BREAD ^(1,3,6,11) | LEMON & CUCUMBER CAKE ^(3,11) |
| | 23/03/20 | BUTTERNUT SQUASH, CARROT & CHICKPEA ROSTI | CHICKEN MEATBALLS ⁽³⁾ , TOMATO SAUCE & PENNE ⁽³⁾ | GARLIC & HERB FOCACCIA ^(1,3,6,11) , BROCCOLI, TOMATO & BASIL SALAD | SEASONAL FRUIT CRUMBLE ⁽³⁾ & CUSTARD ⁽¹⁾ |
| | 20/04/20 | SPINACH, SWEET POTATO & CHEESE SAUSAGE ROLL ^(1,3,11) | ROAST BRITISH PORK & GRAVY | SKIN-ON ROAST POTATOES, SPRING GREENS, BASHED CARROTS & SWEDE, SAGE & ONION LOAF ^(1,3,6,11) | UNICORN FRUIT JELLY |
| | 11/05/20 | VEGETABLE MOUSSAKA ^(1,3,6) | CHILLI CON CARNE & RICE | CARROTS, ROAST CORN, PEPPER & CORIANDER SALAD, CHEESE & ONION BREAD ^(1,3,6,11) | CHOCOLATE ORANGE COOKIE ⁽³⁾ |
| | 08/06/20 | TANGY TOMATO & HERB PASTA ⁽³⁾ | BATTERED FISH ^(1,2,3) | CHIPS, PEAS, BAKED BEANS, TOMATO, BASIL & PAPRIKA BREAD ^(1,3,6,11) | BANANA LOAF ^(3,11) & CUSTARD ⁽¹⁾ |
| 29/06/20 | | VEGETARIAN | MEAT | | |
| WEEK 3 | 09/03/20 | MIXED BEAN CHILLI & RICE | RAINBOW PIZZA ^(1,3,6,11) | GARLIC & HERB TORTILLA CHIPS ⁽³⁾ , SWEETCORN, CELERY ⁽³⁾ , APPLE & SULTANA SALAD ⁽¹⁾ | FRUIT WEDGES |
| | 30/03/20 | CHEDDAR, LEEK & POTATO BAKED OMELETTE ^(1,11) | HERBY SAUSAGE ROLL ^(3,11,12) | BAKED WEDGES, RATATOUILLE VEGETABLES, MIXED SALAD, BLACK OLIVE & THYME BREAD ^(1,3,6,11) | SHORTBREAD BISCUIT ⁽³⁾ |
| | 27/04/20 | BEETROOT BURGER ⁽³⁾ & SWEET CHILLI SAUCE | ROAST BRITISH TURKEY & GRAVY | SKIN-ON ROAST POTATOES, BRAISED RED CABBAGE, CARROTS, ROSEMARY LOAF ^(1,3,6,11) | INDULGENT CHOCOLATE RICE PUDDING ⁽¹⁾ |
| | 18/05/20 | SWEET POTATO, LEEK & SPICED LENTIL PASTY ⁽³⁾ | COWBOY HASH | VEGETABLE RICE, GREEN BEANS, CORONATION SLAW ⁽¹¹⁾ CHEESE & TOMATO BREAD ^(1,3,6,11) | PINEAPPLE UPSIDE-DOWN CAKE ^(3,11) & CUSTARD ⁽¹⁾ |
| | 15/06/20 | ROASTED PEPPER & CHEESE QUESADILLA ^(1,3) , TOMATO SALSA | FISH FINGERS ^(2,3) | CHIPS, PEAS, BAKED BEANS, TARRAGON BREAD ^(1,3,6,11) | PEAR & CHOCOLATE BROWNIE ^(3,11) |
| 06/07/20 | | | | | |

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

