



WGHS Junior Lunch- Week One

Week Commencing W/C 23rd February, W/C 16th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Macaroni & Crispy Bacon Gratin	Minced Beef Pie with Shortcrust pastry		Chicken Tikka & Homemade Naan Bread	Breaded Fish Fingers
Vegetarian Course	Macaroni Gratin	Vegetarian Pie with Shortcrust pastry		Veggie Tikka & Homemade Naan Bread	Quorn Burger with Sweet Chilli Mayonnaise
ON THE SIDE	Homemade Garlic & Herb Focaccia Broccoli & Sweetcorn	Parsley Midi Potatoes Baton Carrots Peas		Seasoned Rice	Homemade Chips Garden Peas Baked beans
Jacket & Pasta Bar	Jacket Potato Tuna Mayonnaise	Pasta Pomodoro		Pasta Rocket & Pesto	Jacket Potato Cheese & Beans
SALAD BAR	A selection of seasonal compound salads, simple salads, dressings & toppings				
HOT DESSERTS	Seasonal Fruit Crumble & Custard	Treacle Sponge	Chocolate Chip Cookie	Toffee Apple Pie & Cream	Iced Cupcakes
COLD DESSERTS	A selection of fresh cut fruit, yoghurt, Jelly				



WGHS Junior Lunch- Week Two

W/C 2nd March W/C 23rd March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Margherita pizza six veg tomato sauce & mozzarella	Cottage Pie	Chicken Chow Mein served with Prawn crackers	Classic Beef Lasagne & Homemade Garlic Bread	Chicken Fajita Salsa & soured Cream
Vegetarian Course		Vegetarian Pie	Vegetarian Chow Mein served with Prawn Crackers	Vegetarian Lasagne & homemade Garlic Bread	Quorn Fajita Salsa & soured Cream
ON THE SIDE	Homemade Crinkle Chips Sweet corn & Peppers BBq Baked Bean	Roasted Carrots & Peas	Stir Fried Vegetables	Broccoli Ratatui	Homemade Wedges Sweetcorn Garlic infused green beans
Jacket & Pasta Bar	Pasta bar Tomato & basil sauce	Jacket potato & Tuna Mayonnaise	Pasta bar Basil & parmesan pesto tomato sauce	Jacket potato bar Cheese & Beans	Pasta & Rich Cheddar Cheese Sauce
DELI & SALAD BAR	A selection of seasonal compound salads, simple salads, dressings & toppings				
HOT DESSERTS	Rice Pudding	Iced Topped Vanilla Sponge	Orange Cookie	FlapJack	Fruit Crumble slice
COLD DESSERTS	A selection of fresh cut fruit, yoghurt, Jelly				



WGHS Junior Lunch- Week Three

W/C 9th March W/C 30th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Oven Baked Pork Sausage & Yorkshire pudding		Spaghetti Bolognaise	Chicken Pie with a shortcrust pastry top	Focaccia Style Tomato & Basil Margherita Pizza
ALTERNATIVE MAIN COURSE	Oven Baked Quorn Sausage & Yorkshire Pudding		Quorn Bolognaise	Seasonal Vegetarian Pie with a shortcrust pastry top	
ON THE SIDE	Mashed Potatoes Baton carrots Broccoli Gravy		Homemade Garlic Bread Sweetcorn Red Cabbage	Roasted Midi Potatoes Garden peas Carrots	Homemade French fries Baked beans Sweet Corn
PEPPERS UPSTAIRS DINING	Pasta bar Tomato & Herb		Jacket potato bar Cheese & Beans	Pasta Bar Parsley Pasta	Jacket Potato & Tuna Mayonnaise
DELI & SALAD BAR	A selection of seasonal compound salads, simple salads, dressings & toppings				
HOT DESSERTS	Chocolate Brownie	Apple Crumble & Custard	Rice Krispie Bar	Strawberry Jam Cake	Nut Free Iced Bakewell Tart
COLD DESSERTS	A selection of fresh cut fruit, yoghurt, jelly				