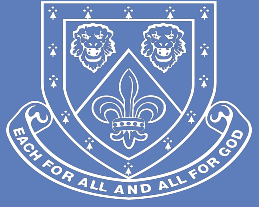


WEEK ONE

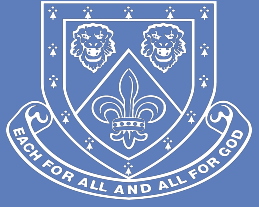
# WGHS JUNIOR LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Baked pork sausage, yorkshire pudding & onion gravy	Roast chicken & vegetable pie w/ herb & onion gravy	Katsu chicken mini fillets w/ a fruity coconut curry sauce	Baked penne pasta & lentil bolognese w/ garlic bread	Battered fish w/ chip shop curry sauce & lemon
MAIN COURSE TWO	Quorn sausage, yorkshire pudding & onion gravy	Cheese & potato shortcrust pie w/ herb & onion gravy	Katsu style sweet potato w/ a fruit coconut curry sauce	Vegan mince & mushroom italian ragu w/ garlic bread	Crispy panko coated halloumi tortilla w/ sweet chilli slaw
ON THE SIDE	Mashed potatoes ~ Peas & sweet corn BBQ baked beans	Roast potatoes ~ Mixed florets Roast root vegetables	Steamed ginger rice ~ Stir-fried greens Baton carrots	Steamed new potatoes ~ Steamed sweet corn Broccoli florets	Chip shop chips ~ Baked Beans Sweet corn & peppers
JACKET & PASTA BAR	Crispy jacket potato w/ tuna mayonnaise	Pasta w/ 6 veg tomato & basil sauce	Crispy Jacket Potato w/ cheese & beans	Crispy Jacket Potato w/ Sweet chilli chicken	Pasta w/ pesto sauce
SALAD BAR	Compound & simple salads, fresh bread, dressings & crudités				
HOT DESSERT	Chocolate sponge w/ toffee sauce	Oat, raisin & cranberry cookie	Mixed fruit crumble w/ custard sauce	Belgian style waffle w/ fresh cream & syrup	WGSF chocolate & beetroot brownie
COLD DESSERTS	Daily selection of fruit pots and flavoured yogurts				



# WGHS JUNIOR LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Mexican chilli beef & beans w/ tortilla chips, salsa & soured cream	BBQ spiced chicken w/ 6 veg tomato sauce & mozzarella cheese	Teriyaki roast pork w/ beansprouts, spring onion & chilli	Beef, vegetable & lentil lasagne w/ garlic bread	Breaded white fish-finger sandwich w/ tartare sauce
MAIN COURSE TWO	Mixed bean & roasted vegetable burrito w/ salsa & soured cream	Hunters style BBQ butternut squash & mozzarella cheese	Sweet & sour tofu & crispy vegetables	Quorn roast vegetable & potato moussaka w/ garlic bread	Vegetarian puff pastry 'sausage' roll
ON THE SIDE	Mexican baked rice ~ Sweet corn & peppers Red cabbage slaw	Roast new potatoes ~ Mixed florets Garden peas & carrots	Egg 'fried' rice ~ Stir-fried greens Baton carrots	Steamed new potatoes ~ Green beans & onions Sliced parsley carrots	Chip shop chips ~ Baked Beans Garden Peas
JACKET & PASTA BAR	Crispy jacket potato w/ tuna mayonnaise	Pasta w/ 6 veg tomato & basil sauce	Crispy Jacket Potato w/ cheese & beans	Crispy Jacket Potato w/ tikka chicken	Pasta w/ pesto sauce
SALAD BAR	Compound & simple salads, fresh bread, dressings & crudité's				
HOT DESSERT	Bev's vanilla sponge 'birthday' traybake	Granola style flapjack slice	Autumn apple & oats crumble w/ custard	Creamy rice pudding w/ raspberry jam	Lemon & poppyseed drizzle cake
COLD DESSERTS	Daily selection of fruit pots and flavoured yogurts				



# WGHS JUNIOR LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Turkey, ham & sweetcorn macaroni bake w/ garlic bread	Portuguese peri peri style chicken 'sandwich' w/ coleslaw	Rich beef & vegetable mashed potato topped cottage pie	Keely's coconut curried chicken w/ mini naan breads & chutney	Cumberland pork sausage puff pastry roll w/ apple sauce
MAIN COURSE TWO	Cauliflower & broccoli macaroni cheese bake w/ garlic bread slice	Crispy sweet chilli halloumi 'sandwich' w/ coleslaw	Mushroom, carrot & lentil mash topped cottage pie	Sweet potato, squash & pepper coconut curry w/ mini naan & chutney	Feta cheese, roasted vegetable & pesto puff pastry slice
ON THE SIDE	Steamed new potatoes ~ Sweet corn & peppers Red cabbage slaw	Paprika spiced fries ~ Sweet chilli & mint peas Broccoli florets	Steamed new potatoes ~ Green beans & onions Sliced parsley carrots	Steamed new potatoes ~ Green beans & onions Sliced parsley carrots	Jacket potato wedges ~ Baked Beans Garden Peas
JACKET & PASTA BAR	Crispy jacket potato w/ tuna mayonnaise	Pasta w/ 6 veg tomato & basil sauce	Crispy Jacket Potato w/ cheese & beans	Crispy Jacket Potato w/ tikka chicken	Pasta w/ pesto sauce
SALAD BAR	Compound & simple salads, fresh bread, dressings & crudité's				
HOT DESSERT	Orchard fruit crumble w/ custard sauce	Orange drizzle cake w/ fresh cream	White chocolate Cookie	Carrot cake Traybake	Chocolate sponge w/ chocolate sauce
COLD DESSERTS	Daily selection of fruit pots and flavoured yogurts				