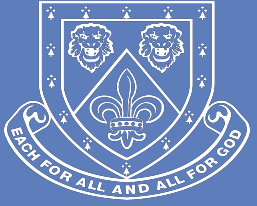


WGHS SENIOR LUNCH

WEEK ONE

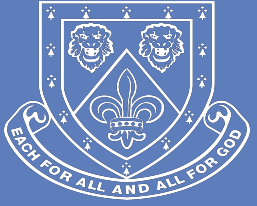
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	Cream of tomato	Leek & potato	Spiced parsnip	Tomato & chickpea	Mushroom
PLANT BASED MAIN COURSE	Cajun Bean Stew	Loaded quorn hot dogs w/ lentil chilli & mozzarella	Katsu style panko sweet potato w/ fruity curry sauce	Quorn Chilli Stuffed Peppers	Cheddar, potato & leek puff pastry pie
ALTERNATIVE MAIN COURSE	Chicken & vegetable puff pastry topped pie	Beef chilli con carne w/ tortilla chips, soured cream & salsa	Creamy Cajun Chicken Noodles	Meatball marinara	Battered fish w/ chippy curry sauce & lemon wedge
ON THE SIDE	Roasted new potatoes Crushed seasonal roots Garden peas & carrots	Coriander & lime rice Roast ratatouille Green beans	Soft noodles Saute seasonal greens Sweetcorn	Spaghetti Roast root batons Garden Peas	Chip shop chips Carrots, peas & corn Baked beans
PEPPERS PASTA OF THE DAY	Roasted onion & sweet chilli tomato sauce	Classic tomato & basil tomato sauce	Tomato & mascarpone sauce	Char grilled pepper tomato sauce	Basil & parmesan pesto tomato sauce
DELI & SALAD BAR	<p>A selection of filled baguettes & wraps, Freshly baked jacket potatoes w/ cheese, tuna or classic baked beans. A selection of seasonal compound salads, simples salads, dressings & toppings</p>				
HOT DESSERTS	Chocolate brownie traybake	Apple & pear oaty crumble w/ cream	Fruity shortbread slice	Chocolate & orange traybake w/ hot chocolate sauce	Jam Roly poly w/ custard
COLD DESSERTS	A selection of fresh cut fruit, yoghurt, jellies and daily special dessert pots				



WGHS SENIOR LUNCH

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	Carrot & coriander	Spiced tomato & bean	Sweet potato & lentil	Creamy mushroom & tarragon	Broccoli
PLANT BASED MAIN COURSE	Butternut squash, sweetcorn, leek & feta frittata	Macaroni Cheese with Southern fried Chicken Fillet	Butternut Squash Tacos	Roasted vegetable yorkshire w/ sage & onion gravy	Quorn, mushroom & black bean chilli w/ avocado salsa
ALTERNATIVE MAIN COURSE	Beef & lentil Potato topped cottage pie	Classic Beef Lasagne	Loaded Beef Tacos	Chicken tikka masala w/ chickpeas & peppers	Breaded fish w/ rustic tomato sauce
ON THE SIDE	Parsley new potatoes Peas & broccoli Carrot & swede	Garlic Bread Slice BBQ baked beans Sweetcorn & peppers	Spiced Veg Rice Saute Cabbage Dice carrot & peas	Pilau rice Bombay root veg Green beans	Chip shop chips Garden peas & carrots Baked beans
PEPPERS PASTA OF THE DAY	Confit cherry tomato & garlic tomato sauce	Red lentil & herb tomato sauce	Creamy mascarpone tomato sauce	Classic tomato & basil tomato sauce	Roasted onion & sweet chilli tomato sauce
DELI & SALAD BAR	<p>A selection of filled baguettes & wraps, Freshly baked jacket potatoes w/ cheese, tuna or classic baked beans. A selection of seasonal compound salads, simples salads, dressings & toppings</p>				
HOT DESSERTS	Carrot cake traybake	Cappuccino coffee cake w/ mocha sauce	Summer Fruit Drizzle Cake	St clements orange & lemon drizzle cake	Gingerbread biscuit
COLD DESSERTS	A selection of fresh cut fruit, yoghurt, jellies and daily special dessert pots				



WGHS SENIOR LUNCH WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	Spiced sweet potato & coconut	Cream of tomato	French onion	Butternut squash & ginger	Potato & spinach
PLANT BASED MAIN COURSE	Roast squash wedge w/ moroccan spiced vegetable ragout	Roasted Vegetable Lasagne	Leek, mushroom & barley cobbler	Quorn Sausage w/ onion and leek	Baked halloumi hash brown w/ tomato, avocado & chilli salsa
ALTERNATIVE MAIN COURSE	Creamy chicken & leek suet pastry 'pie'	Creamy Chicken Korma	Hunter's style chicken w/ BBQ sauce & cheddar cheese	Honey roast gammon w/ pineapple chutney	Pepperoni / Margarita Pizza Slice
ON THE SIDE	Parsley diced potatoes Honey glazed carrots sweetcorn	Boiled Rice Beans & cauliflower Baked pumpkin	Biarritz mash potato Courgette & leeks Corn on the cob	Skin on roast potato Braised red cabbage Carrot & swede	Chunky chips Garden peas Baked beans
PEPPERS PASTA OF THE DAY	Roasted ratatouille tomato sauce	Tomato & basil sauce	Confit garlic, onion & parsley tomato sauce	Char grilled pepper tomato sauce	Red lentil & herb tomato sauce
DELI & SALAD BAR	A selection of filled baguettes & wraps, Freshly baked jacket potatoes w/ cheese, tuna or classic baked beans. A selection of seasonal compound salads, simples salads, dressings & toppings				
HOT DESSERTS	Steamed jam sponge w/ custard	Fruity flapjack granola bar	Sticky ginger traybake	Black forest cake w/ vanilla sauce	Apple & berry crumble w/ cream
COLD DESSERTS	A selection of fresh cut fruit, yoghurt, jellies and daily special dessert pots				