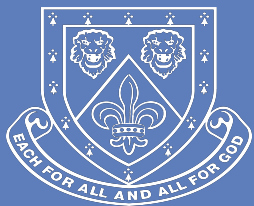


WEEK ONE

# WGHS SENIOR LUNCH

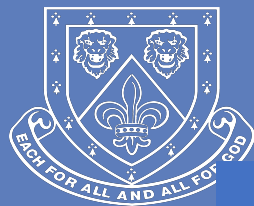
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	Homemade vegetarian soup of the day with fresh bread and toppings				
PLANT BASED MAIN COURSE	Glamorgan Sausage w/ crispy onion rings & onion gravy	Thai crispy smoked tofu & vegetable coconut curry & prawn crackers	Creamy mushroom stroganoff w/ wholegrain rice	Pulled bbq jackfruit & bean flatbread w/ garlic & yoghurt dip	Corn, potato, chilli & spring onion chowder
ALTERNATIVE MAIN COURSE	Pork & beef sausage w/ crispy onion rings & onion gravy	Thai coconut chicken & vegetable curry w/ prawn crackers	Roast Beef served with yorkshire pudding and gravy	Smokey BBQ turkey flatbread w/ garlic & yoghurt dip	Battered fish fillets w/ tartare sauce & lemon wedges
ON THE SIDE	Creamy mash potato Roast Carrots Green Beans	Steamed Rice Broccoli Roast butternut	Roast potato Braised carrots Steamed savoy cabbage	Skinny fries Winter slaw Garden peas	Potato wedges Steamed carrots Mushy peas
PLANT BASED PEPPERS DELI	Slow cooked rich tomato sauce with garlic & chilli	Tomato & basil sauce	Roast vegetable tomato & feta spinach sauce	Pork sausage with tomato & tarragon sauce	Creamy mushrooms & blue cheese sauce
SALAD OF THE DAY	Mexican Squash Salad	Red pepper jambalaya salad w/ quinoa	Rice noodles chilli & mushroom salad	Cherry tomato & red pesto pasta salad	New potato & spring onion , pumpkin seed salad
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	Chocolate & orange cake	Fruit shortbread	Blackberry & apple crumble w/custard	Lemon drizzle cake	Banana flapjack
COLD DESSERTS	A selection of fresh cut fruit, yoghurt, jellies and daily special dessert pots				



WEEK TWO

# WGHS SENIOR LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	Homemade vegetarian soup of the day with fresh bread and toppings				
PLANT BASED MAIN COURSE	Stuffed sweet potato with black bean, avocado coriander & sour cream	Butternut, sweetcorn & feta fritter w/ lemon & cucumber dip	Grilled halloumi potato rosti w/ avocado & tomato salsa	Cauliflower steak topped with cheese, tomato and basil	Spicy bean burger in a brioche bun
ALTERNATIVE MAIN COURSE	Tandoori chicken Roasted marinated chicken legs served in a rich curry sauce	Swedish style pork meatballs served in a creamy tomato sauce	Beef, barley & root vegetable casserole w/herby scone	Hasselback chicken Baked chicken topped with cheese, tomato & basil	Beef burger in a brioche bun w/ boston style beans
ON THE SIDE	Spicy rice Onion bhaji Peas Roast mix peppers	Caramelized onion mash Medley of vegetable Sweet corn	Baked new potato Roast carrots Peas	Potato wedges Roast seasonal vegetable Green beans	Chunky chips Corn on the cob Slaw, sliced gherkins, tomato, mix lettuce
PLANT BASED PEPPERS DELI	Three cheese pasta sauce	Wild mushroom & herb tomato sauce	Chicken & sweet corn carbonara	Red pepper & red onion w/tomato sauce	Tomato, olive & caper pasta sauce
SALAD OF THE DAY	Fennel & potato salad	Beetroot & hummus chickpea salad	Sweet potato, onion & sunflower salad	Italian bean salad	Bombay potato & cauliflower salad
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	Beetroot brownie	Vanilla baked cheesecake	Apple & pear crumble	Plum upside down cake	Oats & raisin cookies
COLD DESSERTS	A selection of fresh cut fruit, yoghurt, jellies and daily special dessert pots				



WEEK THREE

# WGHS SENIOR LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	Homemade vegetarian soup of the day with fresh bread and toppings				
PLANT BASED MAIN COURSE	Roast squash & chickpea tagine w/flatbread pomegranate	Grilled halloumi w/smoked paprika & vegetable hungarian sauce	Crispy fried tofu w/sweet & sour sauce	Beef chilli con carne w/ tortilla crisps, guacamole & sour cream	Sweet potato, spinach & chickpea falafel sandwich
ALTERNATIVE MAIN COURSE	Moroccan chicken tagine Served w/flatbread pomegranate	Hungarian Pork & beef sausage w/smoked paprika & peppers	Crispy chinese battered chicken w/sweet & sour sauce	Bean & barley chilli served w/tacos	Fish finger sandwich w/ cocktail sauce & pickles
ON THE SIDE	Lemon couscous Moroccan spice slaw Peas	Lyonnais potatoes Savoy cabbage Sweetcorn	Noodles w/spring onion Stir fried vegetable Five spice roast carrots	Yellow rice Green beans w/tomato salsa	Chip shop chips Classic baked beans Mushy peas
PLANT BASED PEPPERS DELI	Tomato & basil Pasta sauce	Arrabbiata spiced tomato pasta sauce	Spinach, nutmeg & green pea & tomato pasta sauce	Mozzarella, pesto & tomato pasta sauce	Creamy sweetcorn & basil pasta gratin
SALAD OF THE DAY	Quinoa, kale & apricot salad	Pear with balsamic & sunflower seeds salad	Chickpea moroccan style salad	Crunchy cauliflower apple & blue cheese salad	Squash & barley with balsamic vinegar salad
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	Sticky spiced squash traybake	Orange shortbread	Steamed chocolate sponge w/ custard	Apple pie w/custard	Sultana flapjack
COLD DESSERTS	A selection of fresh cut fruit, yoghurt, jellies and daily special dessert pots				