

# Lunch Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Soup</b>	Chorizo and Chickpea or <b>Chick Pea</b>	Sweet Potato and Leek	Cream of Mushroom & Fennel or <b>Mushroom</b>	Roasted Red Pepper & Tomato Or <b>Tomato</b>	Celeriac & Stilton Or <b>Celeriac</b>	Vegetable Big Soup	<b>Brunch</b>  A Selection of Cereals  The Full English  Smoked Haddock with Poached Eggs  Create Your Own Omelette with Free Ranged Eggs  Homemade Sausage Rolls  Welsh Rabbit  Chocolate Croissants  Home Made Yoghurt Bar with Granola, Fruit Compote & Selected Fruits  Watermelon Grapes Oranges
<b>Bread of the Day</b>	Pumpkin Seed	Onion Bread	Wholemeal	Rye bread	Olive Focaccia	Garlic Bread	
<b>Main Event</b>	Lemon & Oregano Coated <b>Chicken</b> Thighs	Pan Fried <b>Pork</b> Steak with a Parmesan & Sage Crust	<b>ASH WEDNESDAY</b> Winter Warming Herby <b>Lamb</b> Cobbler	Roasted Shoulder of <b>Lamb</b> served with Apricot Seasoning & Homemade gravy	Deep fried 100% Msc <b>Haddock</b> in Bread Crumbs served with lemon, Parsley & Tartare Sauce	On the Counter  Make Your Own Mexican Style Beef & Bean Fajitas Sour Cream Salsa	
	Swedish Style <b>Turkey</b> Meatballs in a Sweet Red Pepper Tomato Sauce	<b>Chicken</b> Saltimbocca served with Sliced New Potatoes	Light Soy <b>Beef</b> with Pak Choi, Mushrooms & Egg Noodles	Roasted Leg of <b>Pork</b> served with Apple Sauce & Homemade Gravy	Steamed <b>Salmon</b> Fillet with a salsa Verdi		
<b>Meat Free Zone</b>	<b>Quorn</b> & Vegetable Tagine	Courgette, Mushroom & <b>Lentil</b> Lasagne served with Chunky Bread	Sweet potato & <b>Tofu</b> Tortilla with a Red Pepper Sauce	<b>Quinoa</b> & Red <b>Lentil</b> Cakes with a Winter Chutney	<b>Borlotti Beans</b> in a Tomato Sauce served with Creamy Polenta & Parmesan	Mexican Style Vegetable & Veggie Mince Fajitas	
<b>And to go with...</b>	Fondant Potatoes Spaghetti Steamed Kale Baton Carrots	Creamy Mash Potatoes Broccoli Sweet Corn	Cauliflower Citrus Courgettes	Roasted Potatoes Bashed Swede Green cabbage	Crispy Lite Fries New Potatoes Minted Peas Roasted Aubergine	Spicy Potato Wedges Roasted Peppers & Beans	
<b>Re-energise</b>	Penne pasta Served with a Selection of Toppings	Cheese and Ham Or Cheese & Tomato Panini	Jacket Potato served with Beans & Cheese or Tuna & Sweet Corn	Tuna Melts or Haloumi & Vegetable Panini	x	Green Salad with a Citrus Dressing	
<b>Puddings</b>	Sticky Toffee <b>Pear</b> Sponge with Toffee sauce	PANCAKES	Apricot & <b>Raspberry</b> Buckle served with Vanilla Sauce	Bramley <b>Apple</b> Pie served with Custard Sauce	Caramelised <b>Orange</b> Baked Rice Pudding	<b>TREAT</b> Dark & White Choc Cookies	

Always available –Salad Bar – Wraps – Fresh Fruit Platter – Cheese & Biscuits – Homemade Yoghurt with Toppings

# Lunch Menu

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Soup</b>	Cream of Cauliflower	Scotch Broth	Broccoli and Stilton Or <b>Broccoli</b>	British Onion	Chicken Noodle Or <b>Sweet Corn Noodle</b>	Leek & Watercress	<b>Brunch</b>
<b>Bread of the Day</b>	Cracked Black Pepper	Rustic	Sundried Tomato	Sage and Onion	Challah	Mixed Herb	A Selection of Cereals
<b>Main Event</b>	Breaded <b>Turkey</b> Escalope with a Homemade red onion marmalade	Tandoori Style <b>Chicken</b> served with Basmati Rice & Naan Bread	Sri Lanka Style <b>Turkey</b> Curry served with Basmati Rice & Mini Poppadoms	Roasted Topside of <b>Beef</b> served with Yorkshire Pudding & Homemade Gravy	The <b>Aldenham</b> Burger Bar 1/4lb <b>Beef</b> Burger	Extra Large Jacket Potato Choose from toppings	Full English Breakfast
	Braised <b>Beef</b> & Mushroom Topped with Sliced Potatoes	Baked <b>Hoki</b> Fillets with Potato Wedges	<b>Sausage</b> & Apple Plait served with Diced Potatoes	Roasted Breast of <b>Turkey</b> with Seasoning, Cranberry sauce & gravy	1/4lb <b>Lamb</b> Burger both served in a Burger Bap	Italian <b>Lamb</b> Bolognaise <b>Chicken</b> Carbonara	Mozzarella and Bacon Panini
<b>Meat Free Zone</b>	Fresh Vegetable & <b>Quorn</b> Baklava	Crisp Puff Pastry with Pan Fired Mushrooms, Spring Greens, Parsley & Garlic Butter and Beetroot Dressing	Kumara & <b>Feta</b> Cheese Cutlet with a mushroom sauce	Spicy Vegetable & <b>Quinoa</b> Laksa served with Brown Rice	Homemade <b>Vegetable Bean</b> Burger served in a Burger Bap	Onion and <b>Goats Cheese</b> Tartlets served with a Tomato Relish	Scrambled Eggs with Smoked Salmon
<b>And to go with...</b>	Onion Mash Shredded Sprouts with Smoked Garlic Cauliflower	Carrots with Caraway Seeds Pan fried Leeks	Rosemary New Potatoes Fresh Broccoli Sweet Corn	Roasted Potatoes Green Cabbage Roasted Parsnips	Crispy Lite Fries Parsley Potatoes Pan Fried Onion Cheese Slices Corn on the Cob Crunchy Carrots	Extra Toppings of Baked Beans Cheese Tuna Sweet Corn Chef's Salad	Baked Brie Wedges
<b>Re-energise</b>	<b>Pepperoni</b> Panini 3 <b>Cheese</b> Panini	Jacket Potatoes With Chef's Special of the Day	<b>Turkey</b> melts <b>Halloumi</b> & Tomato Panini	Pasta (Wholemeal Spaghetti) with Seasonal Sauce of the day	x	x	Danish Pastries Fresh Strawberry Milk Shake
<b>Puddings</b>	<b>Apricot</b> & Chocolate Bread and Butter Pudding with Crème Fraîche	Crispy Chocolate <b>Cherry</b> Cake	<b>Raspberry</b> Ripple Sponge with Raspberry Sauce	<b>Rhubarb</b> & Ginger Crumble with Custard Sauce	Mixed <b>Fruit</b> Jellies & Ice Cream	<b>Apple</b> Strudel & Custard	<b>Pineapple</b> Chunks <b>Kiwi</b> <b>Apple</b> Wedges

# Lunch Menu

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Soup</b>	Rustic Italian Bean & Pasta	Spicy Carrot, Parsnip & Potato Or <b>Creamy Carrot</b>	Leek and Potato with Mustard Toastiest	Ploughman's	Smoked Bacon & Lentil Or <b>Red Lentil</b>	Tomato & Rosemary	Brunch A Selection of Cereals Full English Ham & Cheese Grilled Sandwiches Asian Style Kedgeree American pancakes with Maple Syrup Filled Baps With various Fillings Pain aux Raisin Cranberry Juice Home Made Yoghurt Bar with Granola, Fruit Compote & Selected Fruits Melons Oranges Smiles Grapes
<b>Bread of the Day</b>	Cottage Loaf	Mixed seed	Oatmeal Soda	Farmhouse	Rye	Cheese & Tomato	
<b>Main Event</b>	Homemade Italian Style <b>Beef</b> Lasagne with Garlic Bread	Mexican Style <b>Pork</b> Meatballs in a Tomato Sauce	<b>Chicken &amp; Mushroom</b> Pie served with Roasted Potatoes	Deep fried 100% Msc <b>Cod</b> in a Homemade Batter & Served with Lemon, Parsley & Tartare Sauce	Thai <b>Chicken</b> Curry served with Cardamom Basmati Rice	Turkey Ragu served with Linguine	
	Minted <b>Lamb</b> Sausages with Onion gravy	Lemongrass & Rosemary infused <b>Chicken</b> Thighs	Moroccan <b>Lamb</b> Casserole served with Couscous	Smoked <b>Haddock</b> , Salmon with a Herby Crust	Stir Fried <b>Beef</b> served with Egg Noodles & Prawn Crackers		
<b>Meat Free Zone</b>	<b>Borlotti Bean</b> , red pepper & Olive Casserole	Yaki soba Noodles with <b>Tofu</b> and Ginger	Tomato & <b>Mozzarella</b> Tart with a Red Nut less Pesto	Homemade <b>Veggie Mince &amp; Sage</b> Sausage Roll	Homemade Pumpkin <b>Gnocchi</b>	Southern Style Macaroni <b>Cheese</b> with a Side salad	
<b>And to go with...</b>	Red Onion Mash Broccoli Roasted Courgettes	New Potatoes Chunky Carrots Green Cabbage	Sweet Corn Crispy Leeks Mange tout	Crispy Lite fries Parsley Potatoes Mushy Peas Roasted Root Vegetables	Jacket Half's Spinach and Potatoes Fresh Chilli Salad	Garlic Bread Corn on the Cob Chef's Salad with a Balsamic Dressing	
<b>Re-energise</b>	Pasta (Fusilli) with Seasonal Sauce of the day	<b>Tuna</b> Panini Pizza Style Panini	Jacket Potatoes With Chef's Special of the Day	<b>Pepperoni</b> Panini Mozzarella & Mushroom Panini's	X	X	
<b>Puddings</b>	Dutch <b>Apple</b> Crumble with Custard	Triple Chocolate Sponge with Chocolate <b>Orange</b> Sauce	Mixed <b>Wild Berry</b> Flapjack	<b>Mincemeat</b> Tart with Vanilla Sauce	Homemade Goopy <b>Carrot</b> Cake	Fresh Fruit Platter	

# Lunch Menu

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Soup</b>	Cream of Pumpkin with Spinach Or <b>Creamy Pumpkin</b>	Minestrone	Courgette & Rocket Or <b>Courgette &amp; Lemon</b>	Celeriac & Chorizo Or <b>Tomato</b>	Winter Vegetable & Puy Lentil Or <b>Winter Vegetable</b>	Sweet Corn Chowder	
<b>Bread of the Day</b>	Red Onion and Rosemary	French Baguette	Poppy Seed	Leek & Rosemary	Multi Grain	Crusty Rolls	Brunch
<b>Main Event</b>	Chiltern <b>Lamb</b> Hot- Pot with New Potatoes	<b>Turkey</b> Stir Fry served with Oodles of Noodles	<p>In partnership with <b>Yr6 Lunch</b> today will a look at school food served in <b>WWII</b></p>	Roasted Topside of <b>Beef</b> served with Yorkshire Pudding & Homemade Gravy	Southern style Fried <b>Chicken</b>	Crunchy Farmhouse	A Selection of Cereals
	Slow Roasted Jerk <b>Chicken</b> with Red Pepper Rice	<b>Pork &amp; Leek</b> Sausages with Pan Fried Onions served with Creamy Mash		Roasted <b>Turkey</b> Breast with Seasoning & Homemade Gravy	Grilled <b>Haddock</b> Fillets with a Fresh Citrus Salsa		Shepherd's Pie
<b>Meat Free Zone</b>	<b>Veggie Mince</b> & Potato Rosti with a Tomato & Onion Chutney	<b>Quorn</b> & vegetable Biryani served with Wild Rice		Wild Mushroom & Butternut Squash <b>Risotto</b>	Spicy Stir Fried <b>Tofu</b> & Vegetables served on a bed of Coriander Noodles	Roasted Vegetable & <b>Veggie Mince</b> Lasagne	Free Range Egg Filled Omelettes
	Roasted Winter Vegetables Red Cabbage Green Salad	Roasted Courgettes Steamed Broccoli		Roasted Potatoes Spring Greens Sliced Carrots	Crispy Lite fries Sweet Potato Wedges Corn on the Cob Green Beans	Pan Fried Mushrooms Grilled Tomatoes Baked Beans	Local Butcher Sausage Patties in a Bap
<b>And to go with...</b>	Beef Steak & Onion Panini	Pasta (Penne) with Seasonal Sauce of the day		<b>Chicken</b> Fajitas			Smoked Salmon and Cream Cheese Bagel
<b>Re-energise</b>	Tofu Rueben Panini			Tomato Tapenade Panini	X	X	Potato Wedges
	<b>Fruit</b> Loaded Muffins	Sticky <b>Date</b> Pudding with a Vanilla Sauce		Citrus <b>Lemon</b> Sponge with Lemon Sauce	Homemade <b>Strawberry</b> Mousse	Traditional Mexican Dessert <b>Bunuelos</b> with Spiced Syrup	Home Made Yoghurt Bar with Granola, Fruit Compote & Selected Fruits
<b>Puddings</b>						Pineapple Watermelon Slices Red Apple Wedges	