

Sir Charles Parsons

# High School Lunch Menu

SEPTEMBER - FEBRUARY



(Winter)



Why don't you swap the main dessert for fresh fruit or yoghurt and a chilled drink?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Plant Power Quorn Meatballs with Gravy (vg) Seasoned Wedges (vg)	Indian Style Quorn Tikka Masala (v) Steamed Rice (v) Naan Bread (v)	Traditional Savoury Quorn Mince (v) Herb Dumpling (v) Mashed Potato (v)	Succulent Roast Quorn Fillet (vg) Sage & Onion Stuffing (v) Roast Potato (v)	Herby Cheese Omelette (v) Chips (vg)
<b>Main Course</b>	Classic Spaghetti Napoli (v) Garlic Bread Slice (v)	Homemade Quiche Diced Potato	Traditional Savoury Mince Herb Dumpling (v) Mashed Potato (v)	Succulent Roast Pork Loin Sage & Onion Stuffing (v) Roast Potato (v)	Fish Fingers or Salmon Bites Chips (vg)
<p>Chef's choice of Seasonal Vegetables (v) (vg) and Salad Bar / Oven Baked Jacket Potatoes – with various fillings including (v)(vg) options / Fresh Sandwiches with (v) and (vg) options.</p>					
<b>Dessert (Fresh Fruit, Yoghurt, Cheese &amp; Biscuits)</b>	Chocolate Crunch Cookie (v)	Sticky Orange Sponge with Custard (v)	Fruit Flapjack (v)	Lemon Drizzle Cake (v)	Frozen Yoghurt (v)



WEEK 1	WEEK 2	WEEK 3
31 Aug 26	07 Sept 26	14 Sept 26
21 Sept 26	28 Sept 26	05 Oct 26
12 Oct 26	19 Oct 26	02 Nov 26
09 Nov 26	16 Nov 26	23 Nov 26
30 Nov 26	07 Dec 26	14 Dec 26
04 Jan 27	11 Jan 27	18 Jan 27
25 Jan 27	01 Feb 27	08 Feb 27

Planet Friendly Days

Menus are subject to availability (v) suitable for vegetarians (vg)vegan diets

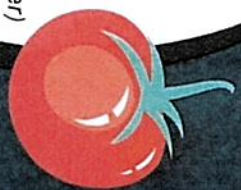
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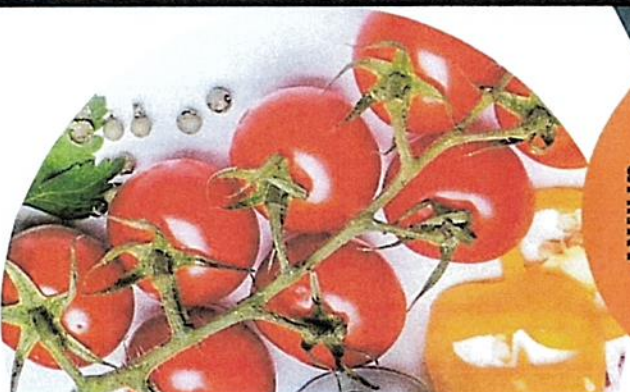


Why don't you swap the main dessert for fresh fruit or yoghurt and a chilled drink?

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Oven Baked Quorn Sausages (vg) Herby Mashed Potato (v)	Handmade Margherita Pizza Slice (v) Seasoned Wedges (vg)	Marinated Quorn Wrap (v) Roast Potato (v) Garlic Mayo Dip (v)	Classic Vegetable Lasagne (v) Garlic Bread Slice (v) Chopped Mixed Salad (vg)	Mexican Style Quorn & Tomato Salsa Wrap (v) Chips (vg)
<b>Main Course</b>	Oven Baked Pork Sausages Herby Mashed Potato (v)	As Above	Marinated Chicken Wrap Roast Potato (v) Garlic Mayo Dip (v)	Classic Lasagne Garlic Bread Slice (v) Chopped Mixed Salad (vg)	Oven Baked Battered Fish Chips (vg)
<b>Dessert (Fresh Fruit, Yoghurt, Cheese &amp; Biscuits)</b>	Arctic Ice Cream Roll with Mixed Berries (v)	Apple Crumble Muffin (v)	Ginger Sponge & Custard (v)	Fruit Flapjack (v)	Fruit Medley

Chef's choice of Seasonal Vegetables (v) (vg) and Salad Bar / Oven Baked Jacket Potatoes – with various fillings including (v)(vg) options / Fresh Sandwiches with (v) and (vg) options.



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Planet Friendly Days

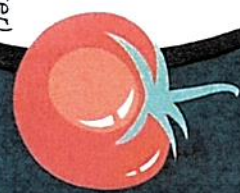
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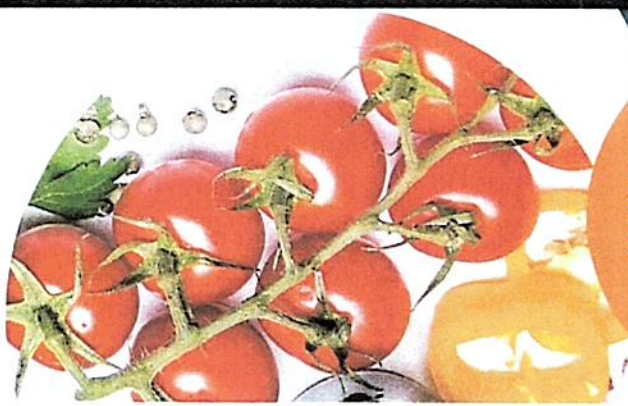
(Winter)



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## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Oven Baked Cheese & Potato Lattice Seasoned Wedges (vg)	Handmade Margherita Pizza Slice (v) Pesto Pasta (v)	Traditional Roast Quorn Fillet (vg) Yorkshire Pudding (v) Roast Potato (v)	American Style Plant Power Cheeseburger (v) Seasoned Wedges (vg)	Crunchy Quorn Dippers (vg) Chips (vg)
<b>Main Course</b>	Oven Baked Pork Meatballs in Tomato Sauce with Penne Pasta Focaccia Bread (v)	As Above	Traditional Roast Chicken Yorkshire Pudding (v) Roast Potato (v)	American Style Cheeseburger Seasoned Wedges (vg)	Oven Baked Fish Fingers Chips (vg)
<p>Chef's choice of Seasonal Vegetables (v) (vg) and Salad Bar / Oven Baked Jacket Potatoes – with various fillings including (v)(vg) options / Fresh Sandwiches with (v) and (vg) options.</p>					
<b>Dessert (Fresh Fruit, Yoghurt, Cheese &amp; Biscuits)</b>	Strawberry Mousse (v)	Lemon Muffin (v)	Fruit Jelly & Vanilla Ice Cream (v)	Chocolate Sponge with Chocolate Custard (v)	Melting Moment Cookie (v)



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