

# WHS LJS Menu – Spring 2

## Monday

### Soup Station

Italian tomato and basil soup  
 Artisan loaf

### Main Dishes

Sandwiches – cheese, ham & tuna  
 may  
 Oven baked Jacket potatoes with  
 cheese & baked beans

### Salad Bar

Crudites

### Desserts

Fruity flapjack  
 Lemon cheesecake pots  
 Jelly pots  
 Fresh fruit

## Tuesday

### Soup Station

Soup of the day  
 Crispy Onion bread

### Main Dishes

Mild turkey chilli  
 Sweet potato and bean  
 Quesadilla  
 Oven baked jacket potatoes  
 with tuna mayo  
 Penne Pasta with tomato sauce

### Sides

Rice  
 Small tortilla wraps  
 Roasted vegetables

### Salad Bar

A selection of simple salads  
 including  
 Tomatoes, cucumber, lettuce,  
 sweetcorn, beetroot, peppers  
 and grated carrot

### Desserts

Berry sponge & custard  
 Vanilla crispy squares  
 Jelly pots  
 Fresh fruit

## Wednesday

### Soup Station

Soup of the day  
 Focaccia bread

### Main Dishes

Traditional roast chicken - sliced  
 with sage & onion stuffing  
 Creamy Mushroom Gnocchi  
 Oven baked Jacket potatoes  
 with cheese & baked beans  
 Penne Pasta with sunblushed  
 tomato or pesto

### Sides

Roast potatoes  
 Peas

### Salad Bar

A selection of simple salads  
 including  
 Tomatoes, cucumber, lettuce,  
 sweetcorn, beetroot, peppers  
 and grated carrot

### Desserts

Sticky toffee pudding with  
 toffee sauce  
 Chocolate brownie pots  
 Jelly pots  
 Fresh fruit

## Thursday

### Soup Station

Soup of the day  
 Garlic and herb ciabatta

### Main Dishes

Beef Lasagne  
 Vegetarian lasagne  
 Oven baked Jacket potatoes  
 with cheese & baked beans  
 Fresh Pasta with Chicken  
 alfredo or basil pesto

### Sides

Carrots

### Salad Bar

### Desserts

Chunky Chocolate brownie  
 Yoghurt & granola pots  
 Jelly pots  
 Fresh fruit

## Friday

### Soup Station

Soup of the day  
 Toasted Sunflower seed bread

### Main Dishes

Fish fingers  
 Quorn bites  
 Oven baked Jacket potatoes  
 with cheese & baked beans  
 Penne Pasta with rich beef  
 Bolognese or pesto

### Sides

Chips  
 Peas and baked beans  
 Tartare sauce & lemon wedge

### Salad Bar

### Desserts

Jam & coconut sponge  
 Chocolate brownie pots  
 Jelly pots  
 Fresh fruit

*All our meals are freshly made*