

WHS LGS Menu – Spring 3

Monday

Soup Station

Italian tomato soup

Garlic and herb bread

Main Dishes

Sandwiches – cheese, ham & tuna
may

Oven baked Jacket potatoes with
cheese & baked beans

Salad Bar

Crudites

Desserts

Lemon & courgette cake with
creamy custard

Jelly pots

Fresh fruit

Tuesday

Soup Station

Soup of the day

Toasted Pumpkin seed bread

Main Dishes

Creamy Winter chicken casserole

Oven baked Jacket potatoes
with Tuna mayo

Sides

New potatoes

Honey roast carrots

Salad Bar

A selection of simple salads
including

Tomatoes, cucumber, lettuce,
sweetcorn, beetroot, peppers,
And grated carrot

Desserts

Syrup sponge & custard

Rocky road

Jelly pots

Fresh fruit

Wednesday

Soup Station

Soup of the day

Focaccia bread

Main Dishes

Roast chicken - sliced with pan
roast gravy

Vegetable wellington

Oven baked Jacket potatoes
with cheese & baked beans

Penne Pasta with chunky
tomato & pepper sauce

Sides

Crispy Roast potatoes

Roast parsnips & savoy cabbage

Salad Bar

A selection of simple salads
including

Tomatoes, cucumber, lettuce,
sweetcorn, beetroot, peppers,
And grated carrot

Desserts

Apple crumble with creamy
custard

Chocolate orange mousse

Jelly pots & Fresh fruit

Thursday

Soup Station

Soup of the day

Crispy Onion bread

Main Dishes

Turkey Fajitas – in smaller,
more manageable, wraps

Vegetable chimichangas

Oven baked Jacket potatoes
with Pulled gammon and
pineapple

Penne Pasta with Three cheese
Sauce or basil pesto

Sides

Steamed rice

Sweetcorn

Salad Bar

A selection of simple salads
including

Tomatoes, cucumber, lettuce,
sweetcorn, beetroot, peppers,
And grated carrot

Desserts

Blueberry and carrot muffin
cake

Tiffin bar

Jelly pots & Fresh fruit

Fresh fruit

Friday

Soup Station

Soup of the day

Malty loaf

Main Dishes

Fish fingers

Vegan sausage roll

Oven baked Jacket potatoes
with cheese & baked beans

Fresh Pasta with Vegetarian
Bolognese or pesto

sides

Chips

Garden Peas & baked beans
Tartare sauce and lemon

Salad Bar

A selection of simple salads
including

Tomatoes, cucumber, lettuce,
sweetcorn, beetroot, peppers,
And grated carrot

Desserts

Apple & cherry pie

Strawberry cheesecake

Jelly pots & Fresh fruit

All our meals are freshly made