

WHS Seniors & UJS Menu – Spring 1

Monday

Soup Station

Rich tomato and herb soup
Crusty white farmhouse loaf

Main Dishes

Pork Vindaloo
Caribbean coconut curry
Oven baked Jacket potatoes with
cheese & baked beans
Penne pasta with rustic tomato or
Three cheese Sauce

Sides

Steamed Rice
Poppadom's
Mango chutney
Caraway carrots & sweetcorn

Salad Bar

A selection of simple salads
Pea and mint couscous
Vietnamese sticky noodles
Roasted broccoli, edamame bean,
sesame and chickpea
Green lentil salad

Desserts

Lemon drizzle cake
Rich chocolate mousse pot
Jelly pots
Fresh fruit

Tuesday

Soup Station

Soup of the day
Toasted pumpkin seed bread

Main Dishes

Macaroni cheese
BBQ pulled chicken
Crispy onion
Crispy jalapenos
Oven baked Jacket potatoes
with Tuna mayo
Fresh Pasta with Tomato sauce or
Basil pesto

Sides

Roasted Parmentier potatoes
Sweetcorn and Pan fried green
beans

Salad Bar

A selection of simple salads
Classic coleslaw
Pea, mint & courgette bulgur
wheat
Watermelon and feta
Mixed beans

Desserts

Chocolate sponge & chocolate sauce
Wimbledon Mess
Jelly pots
Fresh fruit

Wednesday

Soup Station

Soup of the day
Sundried tomato and herb bread

Main Dishes

Pork or chicken sausages
Vegan sausages
Oven baked Jacket potatoes
with cheese & baked beans
Fresh Pasta with chunky
Tomato or Mushroom sauce

Sides

Onion gravy
Mashed potatoes
Roast roots & broccoli

Salad Bar

A selection of simple salads
Rice and beans salad
Quinoa and cauliflower
Peruvian coleslaw
Spiced chickpeas

Desserts

Apple crumble & custard
Chocolate popcorn bar
Jelly pots
Fresh fruit

Thursday

Soup Station

Soup of the day
Granary loaf

Main Dishes

Katsu chicken
Quorn Katsu
Oven baked Jacket potatoes
with cheese & baked beans
Penne Pasta with Beef
Bolognese or Pesto

Sides

Steamed Rice
Kimchee
Wok fried greens

Salad Bar

A selection of simple salads
Crunchy pepper and mixed seed
salad
Classic potato salad
Lentil, beetroot and orange
salad

Quinoa and herb

Desserts

Toffee apple cake with
sticky toffee sauce
Flapjack
Jelly pots & fresh fruit

Friday

Soup Station

Soup of the day
Malty loaf

Main Dishes

Breaded fish
Sweet potato filo pie
Oven baked Jacket potatoes
with cheese & baked beans
Fresh pasta with tomato sauce
or Basil pesto

Sides

Chips
Garden Peas and baked beans

Salad bar

A selection of simple salads
Cauliflower, potato and pesto
Rice salad
Panzanella Salad
Pearl barley and feta

Desserts

Yoghurt bar with toppers
Carrot cake
Jelly pots
Fresh fruit

All our meals are freshly made