

WHS Seniors & UJS Menu – Spring 2

Monday

Soup Station

Italian tomato and basil soup
Artisan loaf

Main Dishes

Pasta Bolognaise
Parmesan and rocket pesto pasta
Oven baked Jacket potatoes with
cheese & baked beans
Penne pasta with plantilious pomodoro
or basil pesto

Sides

Homemade garlic bread
Charred sweetcorn & peppers

Salad Bar

A selection of salads
Herb roasted potatoes
Popped Black bean with Raw Roots
Chipotle and Avocado Salad
Orzo pasta salad with basil
Green lentil salad

Desserts

Fruity flapjack
Lemon cheesecake pots
Jelly pots
Fresh fruit

Tuesday

Soup Station

Soup of the day
Crispy Onion bread

Main Dishes

Chipotle Turkey chilli
Sweet potato and bean
Quesadilla
Oven baked jacket potatoes
with tuna mayo
Penne pasta with rustic tomato
or Three cheese sauce

Sides

Mexican Rice
Tortilla wraps
Roasted vegetables

Salad Bar

A selection of salads
Potato salad
Mixed grains and chickpeas
Chargrilled cauliflower, tomato,
dill and caper
Mixed beans

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
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
Roast Parsnips & Peas

Salad Bar

A selection of salads
Tomato pasta salad
Red slaw
Puy lentils & heritage tomatoes
Spiced chickpeas

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 piri piri chicken
Fresh Pasta with Chicken
alfredo or basil pesto

Sides

Steamed Broccoli & roasted
carrots

Salad Bar

A selection of salads
Sweet chilli noodles
Rocket, spinach and parmesan
Curried chickpea, roasted
cauliflower & baby spinach
Quinoa & herb

Desserts

Chunky Chocolate brownie
Yoghurt & granola pots
Jelly pots
Fresh fruit

Friday

Soup Station

Soup of the day
Toasted Sunflower seed bread

Main Dishes

Breaded fish
Vegan burger with all the
trimmings
Oven baked Jacket potatoes
with cheese & baked beans
Penne Pasta with rich beef
Bolognese or pesto

Sides

Chips
Garden Peas and baked beans
Tartare sauce & lemon wedge

Salad Bar

A selection of salads
Cannellini Bean, Cherry Tomato
& Rosemary Salad
Beetroot, carrot & apple salad
Quinoa and roasted peppers
Pearl barley & feta

Desserts

Jam & coconut sponge
Chocolate brownie pots
Jelly pots
Fresh fruit

All our meals are freshly made