

# WHS Seniors & UJS Menu – Spring 3

## Monday

### Soup Station

Italian tomato soup

Garlic and herb bread

### Main Dishes

Char sui pork

Tempura tofu in bao buns

Oven baked Jacket potatoes with  
cheese & baked beans

Penne Pasta with a chunky tomato  
sauce or basil pesto

### Sides

Soft egg noodles

Prawn crackers

All the greens

Soy & sweet chilli

### Salad Bar

A selection of simple salads

Fennel coleslaw

Quinoa Tabbouleh

Chickpea and aubergine salad

Green lentil salad

### Desserts

Lemon and courgette cake with  
creamy custard

Mango fool pots

Jelly pots

Fresh fruit

## Tuesday

### Soup Station

Soup of the day

Toasted Pumpkin seed bread

### Main Dishes

West African chicken pot

Stuffed red peppers

Oven baked Jacket potatoes  
with Tuna mayo

Fresh Pasta with Tomato  
sauce or Basil pesto

### Sides

Jollof Rice

Spiced roasted roots

Mango salsa

### Salad Bar

A selection of simple salads

5 bean salad

Caraway Roasted Carrot

Beetroot Chickpeas & Honey  
Salad

Tomato, rocket & parmesan

Mixed bean salad

### Desserts

Syrup sponge & custard

Rocky road

Jelly pots

Fresh fruit

## Wednesday

### Soup Station

Soup of the day

Focaccia bread

### Main Dishes

Roast pork 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

Roasted Parsnips & Savoy  
cabbage

### Salad Bar

A selection of simple salads

Classic potato salad

Pesto pasta with mozzarella

Braised Puy lentils, slow cooked  
tomatoes & red onions

Spiced chickpea

### 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

Vegetable chimichangas

Oven baked Jacket potatoes  
with Pulled gammon and  
pineapple

Penne Pasta with Three cheese  
Sauce or basil pesto

### Sides

Steamed rice

Loaded corn on the cobs

### Salad Bar

A selection of simple salads

Mediterranean pasta salad

Lime and coriander cous cous,  
black eyed beans and sweetcorn

Polish cabbage salad

Quinoa & herb

### Desserts

Blueberry and carrot muffin  
cake

Tiffin bar

Jelly pots

Fresh fruit

## Friday

### Soup Station

Soup of the day

Malty loaf

### Main Dishes

Breaded fish

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

Butternut squash, spinach and  
feta salad

Beetroot, carrot & apple

Fattoush salad

Pearl barley & feta

### Desserts

Apple & cherry pie

Strawberry cheesecake

Jelly pots

Fresh fruit

*All our meals are freshly made*