

Lunch Menu

Princethorpe
College



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Favourites	Butchers Pork Sausage with Red Onion Gravy and Sweet Potato Mash	Chicken Curry with Mango Chutney and Poppadoms	Tex Mex Chicken Served with Fruity Salsa and Green Salad	Maple Glazed Pork with Apple Sauce	'Chip Shop Friday' Battered Fish Fillet, Tartare Sauce and Lemon Herb Crusted Baked Cod Fillet
Add ons	Flat Bread	Naan Bread	Garlic Bread	Sausage and Apple Stuffing	Curry Sauce
Street food	Chilli Beef Bowl Or Meatball Jumbo Rolls	Southern Baked Chicken Wrap or Roasted Tomato Half and Half Penne Pasta	Beef Bolognese Boxes or Selection of Pizzas	Tomato and Basil Half and Half Pasta or Balti Chicken Wrap	Lemon Chicken Breast in a Bun with Low Fat Peppered Mayo
Vegetarian	Courgette, Bok Choy, Corn Cob and Ginger Noodles	Chana Masala	Spinach, Sweet Potato and Bean Burritos	Cheese and Tomato Quesadilla	Quiche of the Day!
On the side	Sweet Potato Mash Seasonal Vegetables	Brown or White Rice Mixed Salad	Baked Homemade Wedges Sweetcorn	Roast Potatoes Broccoli and Cauliflower Florets	Chips Baked Beans Minted Mushy Peas
Dessert	Bread and Butter Pudding Served with Custard	Jam and Coconut Sponge and Custard	Apple Crumble with Custard	Pineapple Upside Down Cake and Custard	Dessert of the day

Menu endorsed by **Amy Roberts** Director of Nutrition and Food Development, Holroyd Howe

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Favourites	Meatball Pasta Bake	Malaysian Chicken Curry	Slow Cooked Asian Beef	Roast Marmalade Glazed Gammon	'Chip Shop Friday' Battered Fish Fillet, Tartare Sauce and Lemon Baked Salmon in Lemon Dressing
Add ons	Crusty Parmesan Bread	Naan Bread	Garlic Bread	Giant Yorkshire	Chip Shop Curry Sauce
Street food	Marinated Chicken Breast or Jumbo Sausage in a Roll	BBQ Pulled Pork or Tomato and Garlic Half and Half Pasta Pot	Thin and Crispy Pizza Baked Potato Wedges or Nut Free Red Pesto Pasta	BBQ Chicken Wrap or Chilli Box	Baked Southern Chicken Or Butchers Pork Burger
Vegetarian	Schezwan Noodles	Cauliflower and Spinach Balti with Griddled Paneer	Roasted Peppers and Aubergine Quesadilla	Falafel and Humus Flat Bread	Quiche Selection
On the side	Half and Half Pasta Shells Sweetcorn	Brown or White Pilaf rice Mixed Vegetables	Noodles Garden Peas	Roasted Potatoes Medley of Vegetables	Chips Baked Beans Minted Peas
Dessert	Jam Roly Poly and custard	Lemon Sponge and Custard	Chocolate Sponge and custard	Treacle Sponge and custard	Hot Dessert of the Day

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Favourites	Classic Lasagne with Garlic Bread	Chicken Massaman Curry	Braised Pork in Sweet Soy Sauce	Roast Chicken with Sage Stuffing	'Chip Shop Friday' Battered Fish Fillet, Tartare Sauce and Lemon Grilled Spiced Cod Fillet
Add ons	Homemade Bread Twists	Naan Bread	Prawn Crackers	Giant Yorkshire	Chip Shop Curry Sauce
Street food	Sweet Chilli Sticky Chicken or Arrabbiata Half and Half Pasta	Tomato Primavera or BBQ Chicken Baguettes	Selection of pizza or Half and Half Tomato Pasta	Chilli Bowl or Baked Jumbo Fish Finger	Piri Piri Chicken Breast in a Burger Bun or Individual Pie
Vegetarian	Mediterranean Vegetable Lasagne	Thai Vegetable Curry	Roasted Vegetable Frittata	Mushroom and Lentil Burger in a Brioche Bun	Quiche Selection
On the side	Simple Green Salad Glazed Carrots	Coriander White and Brown Rice Steamed Mixed Vegetables	Vegetable Noodles	Creamed Potatoes and Mixed Vegetables	Chips Baked Beans Minted Peas
Dessert	Lemon and Poppy-Seed Sponge and Custard	Fruit Tart with Cream	Apple Crumble and Custard	Chocolate Cake with Chocolate Custard	Hot Dessert of the Day

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