




High March School Lunch Menu

Spring Term 2012




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Mamma Mia! The Best Bolognese Sauce with Spaghetti	Cheeky Chicken Creamy chicken Pie with a short crust pastry	A Woolly Coat Shepherd's Pie	Curly Tale Roast leg of Pork with apple sauce	Fun Friday Cheese & Tomato Pizza
The Main Event	Butternut Squash Risotto and a sage oil	Cheesy Pea Curry & Rice	Bean & Vegetable Paella	Potato spinach & feta cheese frittata	Vegetable spring roll with sweet chilli dipping sauce
Meat Free Zone	Mixed Salad Herby Bread	Medley of green Vegetables	Roast root vegetable with honey	Roast Potatoes Carrots & peas	Mixed Salad
And To Go With	Vanilla ice cream with chocolate & strawberry sauce	Lemon drizzle Cake	Toffee Apple crumble & Custard	Double Chocolate muffin	Strawberry Jelly & biscuit
Scrummy Puds	Celery cubes	Cucumber batons	Carrot Batons	Mixed Peppers	Florets of Broccoli
Crudités JH Only	Available Daily: A Selection of Fresh Salads (Upper School Only)Fresh Fruit Platter.....Homemade Yoghurt				



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Week 2	Beep beep Here comes Toad Toad in the hole with onion gravy	Golden Oldie Lamb hot pot	Woking good day Turkey chow mein	Old England! Roast Beef with Yorkshire Pudding	Let's go fishing Breaded fish cakes With lemon & dill mayo or tomato ketchup
The Main Event	Pasta Neapolitan & Spinach gratin	Three bean enchiladas	Cheese & onion pasty	Celeriac, leek & Feta Cheese in filo pastry	Basil gnocchi With tomato sauce and parmesan
Meat Free Zone	Mix seasonal vegetables Creamed Potatoes	Carrot batons, broccoli & Cauliflower	Sweet & sour vegetables & rice	Roast Potatoes Savoy Cabbage and Leeks	Sauté potatoes & Peas
And To Go With	Raspberry Ripple Sponge Roll	Sticky toffee pudding with custard	Strawberry torte	Jam sponge & Custard	Rocky road cake
Scrummy Puds	Celery Sticks	Cucumber Batons	Sweetcorn Kernels	Cauliflower Florets	Broccoli Florets
Crudités JH Only	Available Daily: A Selection of Fresh Salads (Upper School Only)Fresh Fruit Platter.....Homemade Yoghurt				

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THE Brookwood PARTNERSHIP LIMITED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3					
The Main Event	Pasta Party Pasta served with Tomato and Cheese Sauce	The good old days Beef stew & dumplings	It's a Wrap Chicken Fajitas	Best of British Roast Lamb with mint sauce and gravy	Mrs Fox's Pie Sausage meat pie
Meat Free Zone	Vegetable & Bean Chilli with Rice	Spiced sweet potato & bean Patty with a coriander mayo	Aubergine & potato bake	Courgette and Feta fritters with mint yoghurt dressing	Mediterranean vegetable lasagne
And To Go With	Crusty Bread Mixed green salad	Mash Potatoes Roast parsnips & carrots	Grated cheese Mixed salad Guacamole	Roast potatoes Broccoli	Chipped Potatoes baked beans
Scrummy Puds	Chocolate Flapjack	Treacle sponge & custard	Banoffee pots	Apple cake	Doughnuts
Crudité's JH Only	Carrot Wheels	Cherry tomatoes	Cucumber	Swede	Green Beans

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Week 4	Sporting Jackets Potatoes with a choice of fillings	Shake a tail feather Strips of turkey cooked in a creamy honey and a grain mustard sauce	A bit of Spice Chicken curry	It's Raining Meat balls Meat balls in a herby tomato sauce	All aboard Fish Fingers
The Main Event					
Meat Free Zone	Cheddar cheese Tuna mayo Baked beans	Mushroom biryani	Roasted Red Pepper Risotto cake with a balsamic dressing	Sweet & Sour Vegetables & rice	Bean Burger with a tomato salsa
And To Go With	Coleslaw Mixed salad	New potatoes Peas & sweet corn	Rice Spinach & Potato Curry	Penne pasta Pan fried med veg with basil	Mash potato Mixed vegetables
Scrummy Puds	Mango fall	Chocolate Sponge & rich Chocolate Sauce	The bigger cookie	Peach melba tart & custard	Cup cakes
Crudités JH Only	Celery Sticks	Cucumber Batons	Parsnip Sticks	Carrot Sticks	Tomato Pieces

Available Daily: A Selection of Fresh Salads (Upper School Only). Fresh Fruit Platter...Homemade Yoghurt