



Week Commencing:

05 September 21 November
 26 September 12 December
 17 October

Autumn Term Lunch Menu 2022-2023 Week 1

	'Meat Free' Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Porcini Ravioli (Ricotta and Mushroom) in a Tomato and Basil Sauce VE	Chicken Fajita Tortilla Wrap	Pork/Lamb Chipolatas with Creamy Mashed Potato	Jerk Chicken Thighs Junior School: BBQ Chicken Drumsticks Rice and Peas	Battered Fish Fillet Junior school: Jumbo Fish Fingers Chunky Chips
Milk & Gluten-free	Gluten-free Pasta in a Tomato & Basil Sauce Broccoli, Mushrooms	Chicken Fajita Gluten-free Wrap, Nachos Salsa, Mixed Peppers	Pork/Lamb Chipolata with Creamed Potato Roasted Roots	Jerk Chicken Rice and Peas Okra, Baby Sweetcorn	Gluten-free Fish Fingers Chunky Chips Peas, Aubergines
Veggie Mains	Aubergine Parmigiana VE	Mixed Bean Chilli Tortilla Wrap VG	Vegetarian Sausage with Creamy Mashed Potato VG	Smokey Tofu Cauliflower Cheese Rice and Peas VE	Vegetarian Cheese Burger with Fresh Tomato & Baby Spinach, Chunky Chips VE
Sides	Purple Sprouting Broccoli Garlic Mushrooms	Stir-fry Mixed Peppers Cheese, Salsa, Lettuce and Nachos	Roasted Roots (Beetroot, Onions, Turnips and Carrots) Onion Gravy	Stir-fry Okra with Baby Sweetcorn	Minted Peas Sautéed Aubergines
Wok (Available to Year 6 and above)	Tofu Teriyaki Stir-fry Rice VG	Beef Bourguignon or Mushroom Bourguignon VG New Potatoes and Green Beans	Sweet & Sour Chicken or Quorn VG Stir-fry Noodles	Rice Noodle Stir-fry with Prawn or Edamame VG	Paneer Butter Masala Pilau Rice VE
Dessert VE	Apple Crumble with Custard	Chocolate Krispies	Frosted Carrot Cake	Banoffee Pie	Sticky Toffee Pudding with Custard
Other Daily Options	Jacket Potato with fillings. Salad Bar - Mixed salads with additional daily options (Edamame, Olives, Tuna, Chicken, Houmous and Cheese). Vegetarian Soup (Year 4 to Year 6 - Tuesday and Thursday). Dessert – Freshly cut fruit, seasonal whole fruit and other chilled desserts.				
Special Daily Salads VG	Samphire, Red Onion and Heritage Tomatoes	Avocado, Tomato, Cucumber and Spring Onion	Rainbow Chard, Apple and Sunflower Seeds	Rocket and Roasted Vegetable	Quinoa, Red Pepper, Cucumber and Parsley

VE Vegetarian, **VG** Vegan. For information on the **ALLERGENS** listed in the above meals please refer to our menu allergen matrix charts available on Firefly. For further information please email: c.henry@nhehs.gdst.net



Week Commencing:
 12 September 28 November
 03 October
 07 November

Autumn Term Lunch Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Pork Meatballs in a Tomato and Pancetta Sauce with Tricolore Pasta	Chicken Chasseur with Wild Rice	Minted Lamb Kofta with Pomegranate Couscous	Lemon and Parsley Roast Chicken with Roast Potatoes	Katsu Chicken with Jasmine Rice and a Sweet Curry Sauce
Milk & Gluten-free	Pork Meatballs in Tomato Sauce with Gluten-free Pasta	Chicken Chasseur with Wild Rice Kale, Butternut Squash	Minted Lamb Kofta Gluten and Milk-free Macaroni Cheese	Roast Chicken, Roast Potatoes, Gravy, Carrots, Leeks	Gluten-free Katsu Chicken Jasmine Rice, Curry Sauce, Edamame, Pak Choi
Veggie Mains	Vegetarian Meatballs in a Tomato Sauce with Tricolore Pasta VG	Puff Pastry Tomato Tart with Mozzarella & Basil VE	Macaroni Cheese VE	Butterbean Bake with Roast Potatoes VG	Katsu Quorn with Jasmine Rice and a Sweet Curry Sauce VE
Sides	Spiralled Courgettes with Green Pesto and Black Olives	Sautéed Kale and Butternut Squash	Roasted Rainbow Cauliflower Harissa Houmous Garlic Sauce	Sautéed Carrots and Leeks Onion Gravy	Pak Choi and Edamame
Wok (Available to Year 6 and above)	Teriyaki Stir-fry Rice Salmon or Tempeh VG	Creamy Smoked Bacon Carbonara or Creamy Vegetable Carbonara VE	Stir-fry Noodles in Black Bean Sauce with Chicken or Tofu VG	Cherry Tomato, Garlic and Parsley Fusilli with King Prawns or Mozzarella VE	Feta and Roasted Vegetable Plait, Herby Diced Potato with Red Cabbage VE
Dessert VE	Cherry Crumble with Custard	Lemon Drizzle Cake with Cream	Mango and Ginger Cheese Cake	Chocolate Brownie with Custard	Flapjacks
Other Daily Options	Jacket Potato with fillings. Salad Bar - Mixed salads with additional daily options (Edamame, Olives, Tuna, Chicken, Houmous and Cheese). Vegetarian Soup (Year 4 to Year 6 - Tuesday and Thursday). Dessert – Freshly cut fruit, seasonal whole fruit and other chilled desserts.				
Special Daily Salads VG	Crunchy Radish, Yellow Pepper and Cucumber	Courgetti Pesto with Black Olives	Beansprouts, Shredded Carrot, Onion, Coriander and Pumpkin Seeds	Watercress and Pomegranate	Sweet Chilli Rice Noodles with Grated Carrot and Sweetcorn

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Week Commencing:

19 September 05 December
 10 October
 14 November

Autumn Term Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Chicken Tikka Masala with Steamed Rice	Seabass with Watercress Salsa and Herby New Potatoes	Beef Bolognese with Penne Pasta and Garlic Bread	Creamy Chicken Pie with Mashed Potatoes	Provençale Cod Breadcr Breaded Chicken Breast Junior: Jumbo Fish Finger Skinny Chips
Milk & Gluten-free	Chickpea Curry with Steamed Rice, Poppadoms Saag Aloo, Broccoli	Seabass New Potatoes, Milk and Gluten-free Pesto Pasta	Beef Bolognese with Gluten-free Pasta Corn on the Cob	Milk and Gluten-free Chicken Pie Carrots and Cabbage	Gluten-free Fish Fingers Chunky Chips Tomatoes and Mushy Peas
Veggie Mains	Chickpea Curry with Steamed Rice VG	Tofu Pasta Pesto VG	Vegetarian Bolognese with Penne Pasta VG	Creamy Vegetable Pie with Mashed Potato VE	Quorn Dippers VE
Sides	Saag Aloo Steamed Broccoli Mini Poppadoms Mango Chutney	Harissa Courgettes Green Beans with Red Onions	Grilled Basil and Butter Corn on the Cob Garlic Bread	Braised Carrots and Savoy Cabbage Rosemary Gravy	Roasted Tomatoes in Balsamic with Shallots Mushy Peas
Wok (Available to Year 6 and above)	Stir-fry Rice in Black Bean Sauce with Chicken or Tofu VG	Sticky Sesame Pork or Quorn Bao Buns VG with Stir Fry Mixed Cabbage	Rice Noodles with Lemon and Herb Chicken or Tempeh VG	Lamb Keema or Tarka Dhal VG with Garlic and Coriander Naan	Edamame and Butternut Squash Risotto VG
Dessert VE	Blackberry and Apple Crumble with Custard	Chocolate Mud Pie	Fresh Blueberry Sponge Cake	Dorset Apple Cake with Vanilla Custard	Fruit Salad with Shortbread
Other Daily Options	Jacket Potato with fillings. Salad Bar - Mixed salads with additional daily options (Edamame, Olives, Tuna, Chicken, Houmous and Cheese). Vegetarian Soup (Year 4 to Year 6 - Tuesday and Thursday). Dessert – Freshly cut fruit, seasonal whole fruit and other chilled desserts.				
Special Daily Salads VG	Sun-dried Tomato, Mixed Peppers, Olives and Parsley	Roasted Beetroot, Onion and Baby Spinach	Artichoke, Cherry Tomato and Cucumber	Butternut Squash, Broccoli with Pumpkin Seeds	Falafel, Mixed Leaf, Creamy Carrot Houmous

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