

Thorpe House School Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot and Meaty	Katsu Chicken Curry Basmati Rice Contains Dairy	Thin Crust Pepperoni Pizza Contains Dairy	Roast Gammon, Roast Potatoes, Seasonal Vegetables	Pasta Bolognese Bake Sweet corn Contains Dairy	Chicken Burger in a bap, Chips Garden Peas
Hot and Veggie	Mushroom Stroganoff Basmati Rice Contains Dairy	Thin Crust Cheese & Tomato Pizza Contains Dairy	Vegetable Quiche Contains Dairy/Egg	Pasta with Tomato Sauce	Veggie Burger Chips Garden Peas
A Light Alternative	Fresh Cheese or Ham Baguette With or without dairy spread	Jacket Potato Cheese Tuna with or without Mayo Contains Dairy	Jacket Potato Cheese Tuna with or without Mayo Contains Dairy	Fresh Cheese or Ham Baguette With or without dairy spread	Home Made Soup Bread Roll Contains Dairy
Super Salads	Selection of Fresh Salads with a choice of dressings available daily				
Something Sweet	Sticky Toffee Pudding Contains Dairy	Flapjacks	Chocolate Mousse Contains Dairy/Egg	Choc Ice Contains Dairy	Chef's healthy dessert
Yummy Yoghurt & Fresh Fruit Finish	A Selection of Fresh Fruit and Yoghurt is Available Daily Yoghurt Contains Dairy				

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot and Meaty	Cottage Pie with mixed vegetables Contains Dairy	Pulled Pork in a bun Diced Potatoes	Roast Chicken Roast Potatoes Seasonal Vegetables	Pasta Carbonara Contains Dairy	Battered Cod Chips and Garden Peas.
Hot and Veggie	Cheese on Toast with Baked Beans Contains Dairy	Vegetarian Quiche Contains Dairy/Egg	Vegetable Quesadilla Contains Dairy	Pasta and Tomato Sauce	Home Made Soup Bread Roll Contains Dairy
A Light Alternative	Jacket Potato Cheese Tuna with or without Mayo Contains Dairy	Fresh Cheese or Ham Baguette With or without dairy spread	Jacket Potato Cheese Tuna with or without Mayo Contains Dairy	Fresh Cheese or Ham Baguette With or without dairy spread	Cheese Omelette Contains Dairy/Eggs
Super Salads	Selection of Fresh Salads with a choice of dressings available daily				
Something Sweet	Meringues with cream and fruit Contains Dairy/Eggs	Manchester Tart Contains Dairy	Butterscotch Mousse Contains Dairy	Chocolate Chip Muffins Contains Dairy/Egg	Chef's Healthy Dessert
Yummy Yoghurt & Fresh Fruit Finish	A Selection of Fresh Fruit and Yoghurt is Available Daily Yoghurts Contains Dairy				

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot and Meaty	Chicken Chow Mein Basmati Rice	Lasagne Garlic Bread Sweetcorn Contains Dairy	Roast Pork Roast Potatoes Seasonal Vegetables Served with Apple Sauce	Steak and Ale Pie Seasonal Vegetables Mashed Potatoes Contains Dairy	Beef Burger in a bun Potato Wedges Garden Peas.
Hot and Veggie	Bean Chilli Basmati Rice	Pasta with Tomato Sauce	Vegetarian Quiche Contains Dairy/Egg	Vegetarian Lasagne Contains Dairy	Veggie Burger in a bun Potato Wedges Garden Peas
A Light Alternative	Jacket Potato Cheese Tuna with or without Mayo Contains Dairy	Fresh Cheese or Ham Baguette With or without dairy spread	Jacket Potato Cheese Tuna with or without Mayo Contains Dairy	Fresh Cheese or Ham Baguette With or without dairy spread	Home Made Soup Bread Roll Contains Dairy
Super Salads	Fresh Salad Bar				
Something Sweet	Sponge with Custard Contains Dairy/Egg	Shortbread Contains Dairy	Fruit Smoothie	Jelly	Chef's healthy dessert
Yummy Yoghurt & Fresh Fruit Finish	A Selection Of Yoghurt and Fresh Fruit is available daily Yogurts Contains Dairy				

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot and Meaty	Chicken Balls with Sweet and Sour Sauce Basmati Rice Contains Dairy/Egg	Sausages with Onion Gravy, Baked Beans Mashed Potatoes Seasonal Vegetables Contains Dairy	Roast Beef Yorkshire Pudding (Contains Dairy/Egg) Roast Potatoes Seasonal Vegetables	Chicken Fajitas served with all of the trimmings Sour cream Contains Dairy	Fish Chips Garden Peas
Hot and Veggie	Cheese & Onion Frittata Contains Dairy	Veggie Sausages Mashed Potatoes Baked Beans Contains Dairy	Vegetarian Quiche Contains Dairy/Egg	Vegetable Fajitas Served with all of the trimmings Sour cream Contains Dairy	Macaroni Cheese Contains Dairy
A Light Alternative	Fresh Cheese or Ham Baguette With or without dairy spread	Jacket Potato Cheese Tuna with or without Mayo Contains Dairy	Fresh Cheese or Ham Baguette With or without dairy spread	Jacket Potato Cheese Tuna with or without Mayo Contains Dairy	Home Made Soup Bread Roll Contains Dairy
Super Salads	Fresh Salad Bar				
Something Sweet	Sponge filled with Jam and Cream Contains Dairy	Shortbread Contains Dairy	Gipsy Tart	Toffee Rice Krispie Cake Contains Dairy	Chef's Healthy Dessert
Yummy Yoghurt & Fresh Fruit Finish	A Selection of Fresh Fruit and Yoghurt is Available Daily Yogurt Contains Dairy				