

# Thorpe House School

**WEEK 1**

	“Meat Free” Monday	Tuesday	“Make it Mine” Wednesday	Thursday	“Sustainable” Friday
Main course	<p><u>Simple Pasta and tomato sauce</u> But add your own topping: Garlic Mushrooms Roasted Tomatoes Minted Peas Caramelized Onion Spinach Pesto</p>	<p>Classic Shepherds Pie topped with a cheesy mash potato</p>	<p>Mexican Beef Chilli Bar or Roasted Vegetable Chilli Bar</p> <p>Served with Coriander and Black bean Rice</p>	<p>Soy, ginger &amp; honey roasted chicken thighs</p>	<p>Salmon fish cakes, Lemon Wedges and Tartar Sauce</p>
Main course 2	<p>Sweet Potato and Butterbean Cassoulet</p>	<p>Spinach and Feta Pie with a puff pastry lid</p>	<p>Corn on the cob Guacamole Sour Cream</p>	<p>Sweet Sticky Tofu</p>	<p>Vegetable Ragu</p>
On the Side	<p>Garlic Bread Maple Glazed Carrots</p>	<p>Steamed broccoli</p>	<p>Beetroot and Chilli Salsa</p>	<p>Pak Choi Chinese Leaf Soy Marinated Egg Noodles</p>	<p>Potato Wedges Crushed Peas Baked Beans</p>
Dessert	<p>Autumn Blackberry Sponge with Orange Zest Cream</p>	<p>Yoghurt pots</p>	<p>Vanilla Plum Crumble with custard</p>	<p>Fruit jelly</p>	<p>Chocolate and Beetroot brownie</p>
Everyday	<p>Fresh Fruit and Yoghurt Pots</p>				

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**WEEK 2**

	"Meat Free" Monday	Tuesday	"Make it Mine" Wednesday	Thursday	"Sustainable" Friday
Main course	Creamy Sweet potato, Chickpea & spinach coconut Curry	Beef bolognaise with Rosemary and Olive Focaccia	<u>Classic Pizza Bar</u> add your own topping : Classic margarita, Pepperoni	Traditional Roast Chicken with Sage and Onion Stuffing	Oven baked battered fish and chips
Main course 2	Roasted Cauliflower and Butter Bean Dhal	Meatless bolognaise with a Rosemary and Olive Focaccia	Sautéed Peppers Chilli Quorn Tuna and Olive	Vegetarian Sausage and Bean Casserole	Quorn and Autumn Vegetable Shepherd's Pie
On the Side	Cardamom rice Cucumber and Mint Raita Naan Bread	Spaghetti Roasted Carrots Green Beans	Garlic Bread Rocket, Tomato and Mozzarella Salad	Roasted Thyme Potatoes Cauliflower and Broccoli Cheese	Minted Peas Baked Beans
Dessert	Apple and Pear crumble with Custard	Fruit jelly	Lemon drizzle with Chantilly Cream	Fruit jelly	Carrot Cake with Lime Cream Cheese Frosting
Everyday	Fresh Fruit and Yoghurt Pots				

	Monday	Tuesday	“Make it Mine” Wednesday	Thursday	“Sustainable” Friday
Main course	Chicken Fajitas with mixed peppers	Italian Beef Lasagne	<u>Mash it up Bar</u> Add your own topping:  Butchers sausages Cumberland sausages Or Vegetarian sausage Served Mashed potatoes and an onion gravy	Authentic Chicken Tikka Masala with Jewelled Rice	Breaded Fish with Lemon Wedges and Tartar Sauce
Main course 2	Vegetarian Bean and Rice Burrito	Sundried Tomato, Pepper pasta bake		Root vegetable and Lentil Hotpot	Sweet Potato and Bean Burger in a brioche bun  Sliced Tomato, Celeriac Slaw,
On The Side	Chilli Vegetable Slaw guacamole and sour cream Broccoli	Sweetcorn Tomato salad Garlic Bread	Boston Baked beans or green beans	Sautéed Medley of Green Vegetables	French Fries Garden Peas Baked Beans
Dessert	Blueberry traybake with Lemon Icing	Fruit jelly	Banana and Raisin Lattice with vanilla cream	Fruit jelly	Mixed Seed Granola Bar
Everyday	Fresh Fruit and Yoghurt Pots				