



Thorpe House School

Lunch Menu Week 1

Monday

Soup of the Day D
Butternut Squash & Cumin

Dish of the Day D
Mexican Couscous & Black Bean Stuffed Peppers

Vegetarian Option
Meat Free Mondays – please see above

Accompaniments
Corn on the Cob

Sides
Medley of Greens

Light Alternatives
Jacket Potato with Baked Beans

Desserts
A Selection of Cheese D
Crackers & Fresh Fruit

Tuesday

Soup of the Day D
Minted Pea

Dish of the Day D
Chicken Korma Curry

Vegetarian Option
Chickpea & Pumpkin Curry

Accompaniments
Basmati rice with Coriander

Sides
Lightly Spiced Roasted Cauliflower

Light Alternatives
Cheddar or Honey Roast Ham Baguette G D

Desserts
Homemade Beetroot Brownies G D E

Wednesday

Soup of the Day D
Creamy Tomato

Dish of the Day
Roast Gammon

Vegetarian Option
Roasted Mediterranean Vegetable Lasagne G

Accompaniments
Parsley Crushed Potatoes

Sides
Seasonal Vegetables

Light Alternatives
Three Cheese Omelette D

Desserts
Fruit Compote with Greek Yogurt D

Thursday

Soup of the Day D
Carrot & Orange

Dish of the Day
Chilli Con Carne

Vegetarian Option
Quorn Chilli Con Carne

Accompaniments
Tacos & Grated Cheese D

Sides
Roasted Carrots and Green Beans

Light Alternatives
Jacket Potato with Tuna or Cheese D

Desserts
Meringue & Fruit with Cream D

Friday

Soup of the Day D
Roasted Vegetables

Dish of the Day G
Chicken Burger

Vegetarian Option
Spicy Bean Burger with Tomato Relish G

Accompaniments
Homemade Sweet Potato Wedges

Sides
Garden Peas

Light Alternatives
Cheddar or Honey Roast Ham with a Baguette D G

Desserts
Fruit Compote with Natural Yogurt D

Please note the **salad bar, fresh bread** and a selection of **fresh fruit** are available daily. We promote **Meat Free Mondays**

Contains D= Dairy G= Gluten Free E = Egg