



# Thorpe House School

## Lunch Menu Week 2

### Monday

**Soup of the Day** **D**

Roasted Tomato & Basil

**Dish of the Day**

Spinach, Sweet Potato & Chickpea Tagine

**Vegetarian Option**

Meat Free Mondays – please see above

**Accompaniments**

Turmeric Rice

**Sides**

Steamed Broccoli

**Light Alternatives**

Jacket Potato with Baked Beans

**Desserts**

A Selection of Cheese and Crackers **D**

### Tuesday

**Soup of the Day** **D**

Simple Broccoli

**Dish of the Day**

Pulled Pork

**Vegetarian Option**

Pulled BBQ Jackfruit

**Accompaniments**

A selection of homemade Buns

**Sides**

Seasonal vegetables

**Light Alternatives**

Spanish Omelette **E**

**Desserts**

Apple & Sultana Crumble with Custard **G D**

### Wednesday

**Soup of the Day** **D**

Carrot & Coriander

**Dish of the Day**

Roast Chicken

**Vegetarian Option**

Cheesy Leek Quiche **G D E**

**Accompaniments**

Roast Thyme Potatoes

**Sides**

Braised Cabbage

**Light Alternatives**

Mature Cheddar or Honey Roast Ham Baguette **G D**

**Desserts**

Fruit Compote with Greek Yogurt **D**

### Thursday

**Soup of the Day** **D**

Leek & Potato

**Dish of the Day**

Pasta Carbonara **G D**

**Vegetarian Option**

Roasted Cherry Tomato & Basil Pasta topped with Cheddar Cheese **G D**

**Accompaniments**

Garlic Herb Slice **G**

**Sides**

Broccoli with Roasted Sunflower Seeds

**Light Alternative**

Tuna/Tuna Mayonnaise Jacket Potato **D**

**Desserts**

Homemade Blueberry Muffins **D E**

### Friday

**Soup of the Day** **G**

Minestrone

**Dish of the Day**

Battered Cod **G**

**Vegetarian Option**

Homemade Vegetable Fingers **G**

**Accompaniments**

Crispy Oven Chips

**Sides**

Garden Peas

**Light Alternatives**

Mature Cheddar or Honey Roast Ham in a Bun **G D**

**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 E = Egg**