



Thorpe House School

Lunch Menu Week 3

Monday

Soup of the Day **D**

Butternut Squash & Cumin

Dish of the Day

Traditional Mac and Cheese

G D

Vegetarian Option

Meat Free Mondays –
please see above

Accompaniments

Corn on the Cob

Sides

Medley of Greens

Light Alternatives

Selection of Sandwiches

G D

Desserts

A Selection of Cheese &
Crackers with Fresh Fruit **G D**

Tuesday

Soup of the Day **D**

Minted Pea

Dish of the Day

Chicken Balls with Sweet and
Sour Vegetable Sauce **G**

Vegetarian Option

Mushroom Stroganoff **D**

Accompaniments

Steamed Basmati rice

Sides

Macedoine of Vegetables

Light Alternatives

Stuffed Jackets with Mature
Cheddar and Onions **D**

Desserts

Chocolate Sponge and
Chocolate Sauce **G D E**

Wednesday

Soup of the Day **D**

Creamy Tomato

Dish of the Day

Roast Beef and Yorkshire
Pudding **G**

Vegetarian Option

Roasted Vegetables and
Mozzarella Puffs **G D E**

Accompaniments

Herby Roast Potatoes

Sides

Whole Green Beans

Light Alternatives

Selection of filled Wraps **D**

Desserts

Fruit Compote with Greek
Yogurt **D**

Thursday

Soup of the Day **D**

Carrot & Orange

Dish of the Day

Chicken Fajitas **G D**

Vegetarian Option

Quorn Fajitas **G D**

Accompaniments

Soured Cream,
Guacamole, Salsa,
Grated Cheese **D**

Sides

Refried Beans
Stir Fried Vegetables

Light Alternatives

Mozzarella and Red Onion
Marmalade in Bloomer
Loaf **D G**

Desserts

Strawberry Mousse **D**

Friday

Soup of the Day **D**

Roasted Vegetables

Dish of the Day

Sausages **G**

Vegetarian Option

Vegetable Sausages

Accompaniments

Creamy Mashed Potato **D**

Sides

Garden Peas
Or Baked Beans

Light Alternatives

Jacket Potato with Tuna/
Tuna Mayonnaise **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