



# Thorpe House School

## Lunch Menu Week 4

### Monday

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

Roasted Tomato & Basil

**Dish of the Day**

Meat Free Lasagne

**G D**

**Vegetarian Option**

Meat Free Mondays –  
please see above

**Accompaniments**

Sweetcorn Nibblets

**Sides**

Broccoli Florets

**Light Alternatives**

Jacket Potato with Baked  
Beans

**Desserts**

A Selection of Cheese,  
Crackers with Fresh Fruit **D**

### Tuesday

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

Simple Broccoli

**Dish of the Day**

Chicken and Black Bean  
Sauce

**Vegetarian Option**

Stir Fry Tofu with vegetables  
and noodles. **G**

**Accompaniments**

Steamed Basmati Rice

**Sides**

Vegetable Stir Fry

**Light Alternatives**

Selection of Sandwiches  
**G D**

**Desserts**

Vanilla Sponge with Custard  
**G D E**

### Wednesday

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

Carrot & Coriander

**Dish of the Day**

Roast Loin of Pork and  
Apple Sauce

**Vegetarian Option**

Vegetable Quiche  
**G D E**

**Accompaniments**

Crushed New Potatoes

**Sides**

Steamed Country  
Vegetables

Cauliflower Cheese **D**

**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**

Meatballs in a Tomato  
Sauce topped with **G D E**  
Parmesan Cheese

**Vegetarian Option**

Quorn Meatballs in a  
Tomato Sauce topped with  
parmesan Cheese **G D**

**Accompaniments**

Spaghetti **G**

**Sides**

Whole Green Beans

**Light Alternative**

Quiche Lorraine with a  
choice of Salads **G D E**

**Desserts**

Gelatine Free Orange Jelly

### Friday

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

Minestrone

**Dish of the Day**

Pepperoni Pizza **G D**

**Vegetarian Option**

Cheese and Tomato Pizza  
**G D**

**Accompaniments**

Dressed Salad

**Sides**

Petit Pois

**Light Alternatives**

Jacket Potato with Coleslaw  
and Cheese **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**