

LUNCH



**ST EDMUND'S
SCHOOL**
CANTERBURY

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Classic Tomato & Basil	Lentil & Bean	Pea & Mint	Cream of Vegetable	Minestone		SUNDAY BRUNCH
MAIN MEAL	Beef & Kidney Bean Chilli with Chive Sour cream & Tortilla Chips	Butchers Choice Pork Sausages with Caramelized Onions & Gravy	Chicken Tikka Masala	Rich Beef Bolognaise	Battered Fish with Tartare & Lemon Wedge Fish fingers	Pulled BBQ Chicken in a Bao Bun	2oz Beef Burger Bacon Pork or Chicken Sausage
NOURISH	Mushroom, Black Bean with Tofu & Coriander with Chive Sour cream & Tortilla Chips	Bubble & Squeak with a fried egg	Sweet Potato & Vegetable Madras	Italian Style Squash, Vegetable & chick pea Ragu with pesto	Hot Dog Cheese & Tomato Panini	Pulled Jackfruit in a Bao Bun	Vegetable Sausage Potato Waffles Fried Egg Onion Rings
PASTA	Pasta With Herb & Tomato sauce	Pasta With Cheese & Chive Sauce	Pasta With Tomato & Chilli Sauce	Pesto pasta	Spaghetti Carbonara	Pasta With Spinach & Sun Dried Tomato Sauce	
ON THE SIDE	Turmeric rice Refried beans Green beans	Potato wedges Peas Sliced Carrot	Steamed Rice Naan Bread Mango Chutney Tomato, Onion & Coriander Salad	Spaghetti Sweetcorn Garlic Slice	Chunky Chips Peas Chip Shop Curry sauce	Noodles Stir fry vegetables	Baked Beans Grilled Tomato Toast
JACKET BAR	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	
DESSERT	Steamed Syrup Sponge with Custard	Vanilla Rice Pudding with Berry Compote	Apple & Strawberry Oaty Crumble with Custard	Chocolate Bread & Butter Pudding with Vanilla Sauce	Ice Cream Pot Bar	Rocky Road	

LUNCH

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Plum Tomato & Red Pepper with Spinach	Sweet Potato & Coconut with Chilli jam	Curried Potato & Spinach	Cauliflower Cheese	Cream of Mushroom & Rosemary		SUNDAY BRUNCH
MAIN MEAL	Mac 'n' Cheese with Roasted pepper & onion garnish	Beef Burger or Chicken Burger in a Bap	Turkey Fricassee	Black Bean Chicken & Mushrooms with Prawn Crackers	Battered Fish with Tartare & Lemon Wedge Fish fingers	Chicken Souvlaki Served in Flatbread Taziki Sweet chilli sauce	2oz Beef Burger Bacon Pork or Chicken Sausage
NOURISH	Vegetable, Cherry Tomato & Basil Pasta Cheesy Bake	Spicy Bean Burger in a Bap	Quorn, Tomato, Pepper & Bean Casserole	Aubergine, Chickpea, Spinach Coconut Curry	Walking Taco Bag Pizza Slice	Roasted Vegetables & Halloumi Served in Flatbread	Vegetable Sausage Saute Potatoes Scrambled Egg Onion Rings
PASTA	Pasta With Tomato & Basil Sauce	Pasta With Cheese & Mushroom Sauce	Pasta With Tomato, Coriander & Pepper Sauce	Pasta With Cheese & Chive Sauce	Pasta Carbonara	Pasta with Tomato & Mascarpone Sauce	
ON THE SIDE	Garlic Slice Pea 'n' Corn	Skinny Fries Saute Mushrooms Fried Onion	New Potatoes Broccoli Carrots	Steamed Rice Trio of Garlic infused Greens	Chunky Chips Mushy Peas Chip Shop Curry sauce	Potato wedges Rawslaw Greek Salad	Baked Beans Saute Mushrooms Toast Cereals
JACKET BAR	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	
DESSERT	Classic Steamed Jam & Coconut Sponge with Custard	Cherry & Apple Pie & Cream	Chocolate Marble Sponge with Vanilla Sauce	Mixed Fruit Crumble with Custard	Summer Berry Sponge Cake with Cream	Chocolate Rice Crispy Square	

LUNCH

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Pea, Potato, & Spinach with Crème fraiche	Sweetcorn & Pepper Chowder	Chunky Vegetable Broth	Leek & Potato	Broccoli & Stilton		SUNDAY BRUNCH
MAIN MEAL	Chicken Korma with Mini Poppadom's	Beef & Vegetable Pie topped Puff Pastry	Peri Peri Chicken Casserole	Sweet & Sour Pork & Vegetable with Prawn Crackers	Battered Fish with Tartare & Lemon Wedge Fish fingers	Omelette Bar With Ham strips or Crispy Bacon	2oz Beef Burger Bacon Pork or Chicken Sausage
NOURISH	Mushroom, Squash, & Chickpea Tomato Curry	Roasted Tomato, Red Onion Risotto with Basil Pesto & Crumbled Feta	Creamy Mushroom & spinach lasagne	Pak Choi & Vegetable Stir Fry with Tofu & Sweet Chilli	Ham & Cheese Panini Vegetable & Mixed Bean Cheesy Quesadillas	Omelette Bar With Saute Mushrooms or Roasted peppers or Grated Cheese	Vegetable Sausage Hash Brown Bites Fried Egg Onion Rings
PASTA	Pasta With Tomato, Garlic & Spinach Sauce	Pasta With Cheesy Sweetcorn Sauce	Pasta With Tomato & Basil Sauce	Pasta with Three Cheese Sauce	Pesto Pasta	Pasta With Sundried Tomato & Chilli sauce	
ON THE SIDE	Steamed Rice Mango Chutney Tomato, onion & Coriander salad Fine Green beans	Minted new Potatoes Braised Red Cabbage Peas	Herby Roast Diced Potato Savoy Cabbage Sweetcorn	Egg Noodles Baton Carrots Broccoli	Chunky Chips Peas Chip Shop Curry Sauce	Buttered New Potatoes Salads	Baked Beans Grilled Tomato Toast
JACKET BAR	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	Jacket Potatoes With Baked Beans, Cheese or Tuna	
DESSERT	Chocolate Sponge with Chocolate Sauce	Apple & Sultana Crumble with Custard	Peach & Raspberry Melba Cake with Cream	Apple & Blackberry Pie with Custard	Rice Pudding & Mixed Fruit Coulis	Warm Chocolate Brownie & Cream	