



# Moor House School & College

## Lunch Menu



### WEEK 1

#### Monday

Meat - Tomato and basil linguine pasta with grilled Cajun chicken, served with Garlic bread; Veg - Roasted vegetable linguine pasta with cherry tomatoes and fresh basil, served with Garlic bread; Desert - Banana and Raspberry cake served with custard or cream

#### Tuesday

Meat - Beef Cottage pie served with peas and carrots; Veg - Roasted bell pepper stuffed with ratatouille rice and glazed with cheddar cheese (optional); Desert - Apple and Rhubarb crumble served with custard or cream

#### Wednesday

Meat - Roast pork, roast potatoes, Yorkshire puddings, with broccoli, carrots and gravy; Veg - Vegetable quiche served with roast potatoes and veg; Desert - Chocolate cake with cream or custard

#### Thursday

Meat - Marinated grilled chicken breast with potato wedges served with flat bread; Veg - Sweet potato, avocado and black bean tacos served with potato wedges; Desert - Banoffee pie

#### Friday

Meat - Choice of battered Cod fillet, Scampi pieces or Chicken nuggets, served with chips, peas (garden or mushy); Veg - Egg and chips with garden or mushy peas; Desert - Trio of Melon

### WEEK 2

#### Monday

Meat - Chicken stir-fry with broccoli and spring onion served with rice; Veg - Vegetable stir fry with broccoli and spring onion served with rice; Desert - Blueberry sponge cake with custard

#### Tuesday

Meat - Beef lasagne, garden peas and Garlic bread; Veg - Macaroni cheese pasta with garden peas and Garlic bread; Desert - Caramel apple tart with cream

#### Wednesday

Meat - Roasted chicken, roast potatoes, Yorkshire pudding, carrots, broccoli and gravy; Veg - Grilled aubergines stuffed with tomato risotto, caramelised onion glazed with halloumi cheese served with tomato and basil sauce. Gluten free option available with rice; Desert - Apple and Pear crumble with custard

#### Thursday

Meat - Marinated chicken wrap served with Cajun potato wedges; Veg - Humous Falafel and grilled halloumi wrap served with Cajun potato wedges; Desert - Chocolate tart served with cream or chocolate custard

#### Friday

Meat - Choice of battered Cod fillet, Scampi pieces or chicken nuggets, served with chips, peas (garden or mushy peas); Veg - Egg and chips with garden peas or mushy peas; Desert - Trio of Melon

### WEEK 3

#### Monday

Meat - Mild chicken tikka masala served with rice and poppadum; Veg - Vegetable mild tikka masala served with rice and poppadum; Desert - Strawberry sponge cake and custard

#### Tuesday

Meat - Fettuccine with meatballs (beef) and tomato and basil sauce served with garlic bread; Veg - Fettuccine with vegetable meatballs and tomato and basil sauce served with garlic bread; Desert - Treacle tart and vanilla ice cream

#### Wednesday

Meat - Roast chicken, roast potatoes, Yorkshire puddings, carrots, broccoli and gravy; Veg - Roasted vegetable wellington with tomato salsa; Desert - Honey and ginger sponge with custard

#### Thursday

Meat - Pork sausage and mashed potatoes served with onion gravy; Veg - Veggie sausages and mashed potatoes served with onion gravy; Desert - Mango and raspberry cheesecake

#### Friday

Meat - Choice of battered Cod fillet, Scampi pieces or chicken nuggets, served with chips, peas (garden or mushy peas); Veg - Egg and chips with garden peas or mushy peas; Desert - Trio of melon

*Jacket potatoes are always available along with a selection of salad bar and cold meats. Dairy free, Gluten free options available*