



# LUNCH

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP</b>	Courgette & Mint	Butternut Squash & Ginger	Classic Minestrone with Parmesan	Chunky Vegetable	Sweetcorn & Noodle	"DELI"	<b>SUNDAY BRUNCH</b>
<b>MAIN MEAL</b>	Soya Mince & Bean Chilli with Chive Sour cream & Tortilla Chips	Butchers Choice Sausages with Caramelized Onions & Gravy	Chicken Tikka Masala	Rich Beef Bolognaise	Battered Fish with Tartare & Lemon Wedge Fish fingers	Assorted Baguette's, Wraps	2oz Beef Burger Bacon Pork or Chicken Sausage
<b>MEAT FREE</b>	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	Pulled Chicken in a Bao Bun  Pulled Jackfruit in a Bao Bun	Meatballs Mozzarella Cheese Salami Roasted Vegetables Haloumi Slices	Vegetable Sausage  Potato Waffles Fried Egg Onion Rings
<b>ON THE SIDE</b>	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	Jacket Potatoes Deli Salads	Baked Beans Grilled Tomato Toast
<b>JACKET &amp; PASTA BAR</b>	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Pasta & Daily Sauce	
<b>DESSERT</b>	Steamed Syrup Sponge with Custard	Vanilla Rice Pudding with Fruit Compote	Apple & Strawberry Oaty Crumble with Custard	Chocolate Bread & Butter Pudding with Custard	Ice Cream Pot Bar	Rocky Road	



**ST EDMUND'S  
SCHOOL**  
CANTERBURY

# LUNCH

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP</b>	Plum Tomato & Red Pepper with Spinach	Curried Cauliflower	Carrot & Orange	Sweet Potato & Coconut with Chilli jam	Cream of Mushroom & Rosemary	"DELI"	<b>SUNDAY BRUNCH</b>
<b>MAIN MEAL</b>	Mac 'n' Cheese with fried pepper & onion garnish	Beef Burger or Chicken Burger in a Bap	Slow cooked Chunky Beef Chilli with Sour cream & Nacho's	Black Bean Chicken & Mushrooms with Prawn Crackers	Battered Fish with Tartare & Lemon Wedge Fish fingers	Assorted Baguette & Focaccia	2oz Beef Burger Bacon Pork or Chicken Sausage
<b>MEAT FREE</b>	Vegetable, Cherry Tomato & Basil pasta Bake	Spicy Bean Burger in a Bap	Aubergine, Chickpea, Spinach Coconut Curry	Thai Green Vegetables with Tofu	Pizza Slice Pea, Red Onion & Pepper frittata	Pulled BBQ Chicken Mozzarella Cheese Pastrami Samosa Roast Flat Mushroom	Vegetable Sausage  Saute Potatoes Scrambled Egg Onion Rings
<b>ON THE SIDE</b>	Garlic Slice Pea 'n' Corn	Skinny Fries Saute Mushrooms Fried Onion	Steamed Rice Fine Green beans	Egg Noodles Trio of Garlic infused Greens	Chunky Chips Mushy Peas Chip Shop Curry sauce	Jacket Potatoes Deli Salads	Baked Beans Saute Mushrooms Toast Cereals
<b>JACKET &amp; PASTA BAR</b>	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Pasta & Daily Sauce	
<b>DESSERT</b>	Classic Steamed Jam & Coconut Sponge with Custard	Cherry & Apple Pie & Cream	Chocolate Marble Sponge with Vanilla Sauce	Pear & Berry Crumble with Custard	Lemon drizzle Cake with Raspberry Cream	Chocolate Rice Crispy square	

FOUNDED IN 1997

**HOLROYD HOWE**  
ESTABLISHED INTERNATIONAL MINISTERS



# LUNCH

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP</b>	Pea, Potato, & Spinach with Crème fraiche	Warm Spiced Lentil	Roasted Tomato & Garlic	Sweetcorn & Pepper Chowder	Pea, Watercress & Broccoli	"DELI"	<b>SUNDAY BRUNCH</b>
<b>MAIN MEAL</b>	Vegetable & Chickpea Korma with Mini Poppadom's	Creamy Turkey & Sweetcorn Pie topped Puff Pastry	Classic Roasted Chicken Leg with Rich Gravy & Stuffing	Hoi Sin Pork & Vegetable with Prawn Crackers	Battered Fish with Tartare & Lemon Wedge Fish fingers	Assorted Baguettes & Bagel	2oz Beef Burger Bacon Pork or Chicken Sausage
<b>MEAT FREE</b>	Mushroom, Squash, Spinach & Coconut Tomato Curry	Courgette, Broad Bean & Parmesan Risotto with Basil Pesto	Creamy Mushroom & spinach lasagne	Pak Choi & Vegetable Stir Fry with Ginger & Sweet Chilli	Walking Taco Bags  Vegetable & Mixed Bean Quesadillas	Pulled Beef Mozzarella Cheese Streaky Bacon Roast peppers Guacamole	Vegetable Sausage  Skinny Fries Fried Egg Onion Rings
<b>ON THE SIDE</b>	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	Jacket Potatoes Deli Salads	Baked Beans Plum Tomato Toast
<b>JACKET &amp; PASTA BAR</b>	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Pasta & Daily Sauce	
<b>DESSERT</b>	Chocolate Sponge with Chocolate Sauce	Pear & Peach Crumble with Custard	Gingerbread Cake & Lemon Sauce	Apple & Apricot Pie with Cream	Rice Pudding & Fruit Coulis	Strawberry Mousse	