



LUNCH



WOLVERHAMPTON
GRAMMAR SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Daily Salad, Soup & Jacket Potato Bar Available				
MAIN COURSE ONE <i>Halal Options Available</i>	Roast Cumberland Sausages with Onion Gravy	'Classic' Beef Lasagne	Slow Braised Turkey Casserole	Sweet & Sour Chicken	Fish Bar Friday
MAIN COURSE TWO	Tandoori Chicken Tikka Masala with Rice	Vegetarian Thai Green Curry with Rice	Sumac Spiced, Roasted Loin of Pork	Creamy Courgette, Spinach & Parsley Pasta	Baked Macaroni Cheese
VEGETARIAN	Butternut Squash & 5 Bean Ragu	'Tex Mex' Chilli Burrito with Sour Cream	Broccoli, Potato & Cheddar Cheese Gratin	Bao Bun with Tofu & Sweet Chilli Slaw	Harissa Roast Sweet Potato with Couscous & Yoghurt Dressing
ON THE SIDE	Buttered Carrots & Broccoli Herby New Potatoes	Wilted Greens Baked Potatoes Garlic Bread	Roasted Roots Gravy Roast Potatoes	Sticky Rice Baby Corn, Mange Tout & Sugar Snap Peas	Beans Mushy Peas French Fries
DESSERT & FRUIT	Chocolate & Pear Crumble	Spiced Cake with Pouring Cream	Italian Tiramisu	Berry Blondie	Jam Sponge with Custard
	Melon & Orange	Wild Berry Eton Mess	Fruit Salad	Vanilla Short Bread	

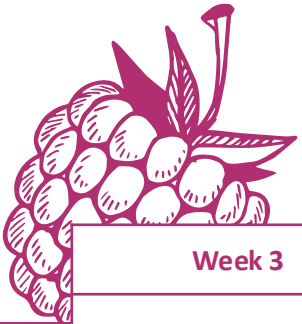


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Week 2	Daily Salad, Soup & Jacket Potato Bar Available				
MAIN COURSE ONE <i>Halal Options Available</i>	Hunters Chicken	Beef & Vegetable Short Crust Pie	Honey, Rosemary & Thyme Roast Chicken	Pulled Pork	WGS' Burger Bar Crispy Chicken Farmhouse Pork
MAIN COURSE TWO	Roast Plum Tomato & Basil Pasta Bake with Mozzarella Cheese	Slow Roast Pork & Chickpea Stew	Fisherman's Pie	Veggie Shepherd's Pie	
VEGETARIAN	Vegetable Biryani with Mint Yoghurt Dressing	Onion & Shredded Vegetable Bhaji, with Mango Chutney & Raita	Sweet Potato Tortilla	Three Cheese, Caramelised Onion & Potato Tart	Spicy Bean Burger on a Pretzel Bun
ON THE SIDE	Buttered Peas & Carrots Parmentier Potatoes	Broccoli & Swede Chive Mashed Potato	Braised Cabbage & Leeks Baked New Potatoes Gravy	Mangetout & Green Beans Steamed Rice	Smoky BBQ Beans French Fries Buttered Corn on the Cob
DESSERT & FRUIT	Spiced Carrot & Orange Cake	Plum & Rhubarb Crumble with Custard	Mint Chocolate Shortbread & Custard	Citrus Drizzle Cake with Pouring Cream	Peach Cobbler with Custard
	Jelly Pots	Melon & Grapes	Yoghurt Pots	Cranachan	



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	Daily Salad, Soup & Jacket Potato Bar Available				
MAIN COURSE ONE <i>Halal Options Available</i>	Chicken Curry	Chicken Stew with Herby Dumplings	Lamb & Chicken Shawarma (plain option available)	Beef Stir Fry	WGS' Pizzeria Selection of Meat & Vegetarian Pizza
MAIN COURSE TWO	Three Cheese & Sundried Tomato Tart	Italian Style Pork & Beef Meatballs Marinara	'Posh' Fish Roll with Tartar Sauce	Avocado, Mozzarella & Cherry Tomato, Filo Parcels	
VEGETARIAN	5 Bean Chilli	Vegan Bolognese	Katsu Aubergine with Sticky Rice	Teriyaki Tofu with Vegetables	
ON THE SIDE	Masala Potatoes Carrots & Sweetcorn	Leafy Greens & Peas Potato Gratin	Toasted Pittas Broccoli & Kale Sautéed Potatoes	Bok Choy, Chinese Cabbage & Carrots Noodles	Spicy Potato Wedges Spaghetti Hoops
DESSERT & FRUIT	Trifle	Double Chocolate Brownie	New York Style Baked Cheesecake with Berry Compote	Vanilla Rice Pudding	Cookie Dough
	Pineapple & Orange	Mixed Fruit Jelly	Banoffee Pie	Melon & Kiwi	

