



LUNCH



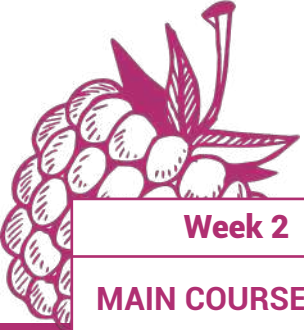
WOLVERHAMPTON
GRAMMAR SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Daily Salad, Soup & Jacket Potato Bar Available				
MAIN COURSE ONE Halal Options Available	Roast Cumberland Sausages	'Classic' Beef Bolognese	Cola Glazed Gammon with Apple Sauce	Salt & Pepper Chinese Chicken Strips	Breaded Sustainable White Fish
MAIN COURSE TWO	Jerk Style Chicken Curry	Ham & Cheese Quiche	Sweet Potato, Beetroot & Freekeh Wellington	Pork & Pepper Thai Green Curry	Woodland Mushroom & Butternut Squash Risotto
VEGETARIAN	Baked Veggie Sausages	Cheese & Tomato Pizza Baguette	Broccoli & Puy Lentil Bake with Herb Crumb	'Extra Saucy' Baked Macaroni Cheese	Quorn Fishless Fingers
ON THE SIDE	Green Beans & Steamed Carrots Steamed New Potatoes	Peas & Carrots Spaghetti	Roast Carrots & Braised Red Cabbage Gravy Roast New Potatoes	Sweetcorn Noodles Prawn Crackers	Beans Mushy Peas Chips
HOT DESSERT	Black Forest Eton Mess cake	Baked New York Cheesecake with Toffee Sauce	Summer Fruit & Apple Crumble with Vanilla Custard	Baked Raspberry Blondie	Cookies & Cream Cake
COLD DESSERT & CUT FRUIT	Watermelon & Grapes	Fruit Jelly	Fruit Salad	Eton Mess	

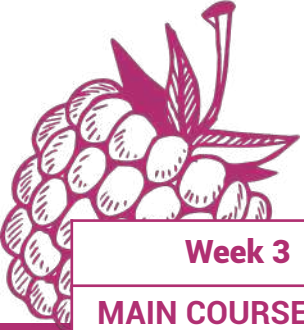
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	Daily Salad, Soup & Jacket Potato Bar Available				
MAIN COURSE ONE Halal Options Available	Moroccan Style Turkey Casserole	Roast Chicken Thighs	Braised Beef Sausages	Homemade Fish Croquettes	Homemade Chicken Nuggets
MAIN COURSE TWO	Deep Fried Crispy Shredded Beef	Quinoa & Vegetable Stuffed Pepper	Chicken & Leek Pie	Spiced Vegetable Bhaji with Sweet Chilli & Lime dip	Jumbo Hot Dogs
VEGETARIAN	Roast Tomato & Basil Pasta Bake	Vegetable Moussaka	Quorn Sausage	Potato Gnocchi with Tomato & Chilli Sauce	Homemade Veggie Nuggets
ON THE SIDE	Steamed Carrots Crushed New Potatoes	Garden Peas & Broccoli Baked Potato Wedges	Cauliflower Mashed Potato Yorkshire Pudding Gravy	Baby Corn & Sugar Snap Peas Steamed Rice	Spaghetti Hoops French Fries
HOT DESSERT	Oaty Pear & Chocolate Crumble with Custard	Peach & Raspberry Swiss Roll with Vanilla Whipped Cream	Triple Chocolate Brownie	St Clements Citrus Sponge with Custard	Rocky Road
COLD DESSERT & CUT FRUIT	Pineapple & Melon	Vanilla Shortbread	Melon & Orange	Strawberry Trifle	



LUNCH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	Daily Salad, Soup & Jacket Potato Bar Available				
MAIN COURSE ONE Halal Options Available	Roast Chicken & Courgette Casserole	Beef Ragu Penne Pasta	Roast Chicken Sausages	BBQ Pulled Pork	Grilled Beef Burger
MAIN COURSE TWO	Tuna Pasta Bake with Tomato Pesto & Cheddar cheese	Three Cheese & Sundried Tomato Arancini Balls	Black Eyed Bean & Sweetcorn Fritters	Green Lentil & Vegetable Chilli	Tofu & Tempura Vegetables with Sweet Chilli Dressing
VEGETARIAN	Courgette, Tomato & Feta Frittata	Vegetable Lasagne	Cheese & Potato Pie	Homemade Lebanese Style Falafel	Homemade Vegetable & White Bean Burger
ON THE SIDE	Steamed Carrots & Broccoli Roasted Baby Potatoes	Sweetcorn & Wilted Greens Steamed New Potatoes Garlic Bread	Parsnips & Carrot Parmentier Potatoes Gravy	Peas Fragrant Rice Tortilla Wraps	Baked Beans Chunky Chips
HOT DESSERT	Pineapple Upside Down with Custard	Chocolate Fudge Cake with Pouring Cream	Apple & Elderflower Sponge with Custard	Vanilla Rice Pudding	Lemon Drizzle Sponge with Custard
COLD DESSERT & CUT FRUIT	Pineapple & Watermelon	Yoghurt & Granola Pots	Grapes & Gala Melon		

