



Colfe's School Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Homemade Vegetarian Soup of the Day with Wholemeal Bread				
The Main Event	Chop-Tastic! Tender Pork Chops with Wholegrain Mustard Gravy	McBrookwood! Homemade Beef Burger with Salad in a Bun	Chicken Licken'! Herby Roast Chicken Leg with Stuffing	Trads! Diced Minted Lamb Pie	Fish 'n' Chips! Baked Breaded Haddock Fillet
Meat Free Zone	Baked Aubergine & Lentil Moussaka	Spicy Tomato & Bean Burger	Diced Tofu, Vegetable & Bean-Shoot Stir-Fry	Roasted Vegetable & Mozzarella Crostini	Savoury Rice, Herb & Quorn Filled Pimento
And To Go With	Chive New Potatoes Red Cabbage & Sultanas Fresh Courgettes	Seasoned Potato Wedges Fried Sliced Onions Peas & Sweet Corn	Golden Roast Potatoes Chunky Roast Pepper, Aubergine & Courgette Medley	Sliced Onion & Potatoes Fresh Cauliflower Carrot Batons	Crunchy Chips Peas & Sweet Corn Fresh Baked Tomato
Mama Mia	Minced Beef Lasagne or Broccoli & Stilton Sauce	Tomato & Tuna Salsa Sauce or Spinach & Ricotta Sauce	Spicy Sausage & Red Onion Sauce or Cheese, Leek & Chive Sauce	Beef Bolognese or Chunky Ratatouille with Spaghetti	Ham & Mushroom Goulash or Mixed Lentil & Fresh Herb Sauce
Sporting Jackets	Filled with Baked Beans, Grated Cheese or Tuna Mayo	Filled with Baked Beans, Grated Cheese or Coleslaw	Filled with Baked Beans, Grated Cheese or Prawn Mayo	Filled with Baked Beans, Grated Cheese or Tuna Salsa	Filled with Baked Beans, Grated Cheese or Coleslaw
Scrummy Puds	Steamed Golden Syrup Cake or Cherry Flapjack	Baked Apple Pie or Homemade Strawberry Mousse	Rhubarb Crumble or Chocolate Brownie	Spotted Dick or Carrot Cake	Chocolate Sponge or Fruit Trifle

Available Daily: 100% Fresh Salad Bar, Fresh Fruit and Homemade Unsweetened Yoghurt



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Week 2	Homemade Vegetarian Soup of the Day with Wholemeal Bread				
The Main Event	Indian Takeaway! Tasty Tender Diced Chicken Curry	It's A Wrap! Shredded Beef & Crunchy Vegetable Wrap	Don't Be A Piggy! Baked Honey Roast Gammon	Hey Gringo! Mild Minced Lamb Chilli con Carne	Catch of the Day! Fresh Roasted Herb Salmon Fillet
Meat Free Zone	Lentil & Fresh Vegetable Dhal	Cous Cous & Herb Stuffed Tomato	Roasted Vegetable & Goats Cheese Puff	Mexican Style Vegetable & Spicy Bean Tortilla	Quorn, Herb & Vegetable Stuffed Mushroom
And To Go With	Savoury Wholemeal Rice Mixed Sambals Puppodums	Selection of Salads and Dips Crunchy Nachos	Golden Roast Potatoes Cauliflower, Mange Tout & Sweet Corn Medley	Savoury Rice Carrot Wheels Corn Niblets Sweet Chilli Dip	Chive New Potatoes Fresh Broccoli & Red Cabbage
Mama Mia	Tomato & Pepperoni or Mushroom & Fresh Herb Sauce with Tortellini Ricotta Pasta	Minced Lamb & Chick Pea Chilli or Macaroni Cheese with Garlic Bread	Chicken & Asparagus Sauce or Quorn Bolognese	Diced Chilli Chicken Sauce or Tomato & Basil Sauce	Ham & Mushroom Stroganoff or Tomato, Red Onion & Butter Bean Sauce
Sporting Jackets	Filled with Baked Beans, Grated Cheese or Tuna Mayo	Filled with Baked Beans, Grated Cheese or Coleslaw	Filled with Baked Beans, Grated Cheese or Prawn Mayo	Filled with Baked Beans, Grated Cheese or Tuna Salsa	Filled with Baked Beans, Grated Cheese or Coleslaw
Scrummy Puds	Steamed Jam Sponge or Sultana Cake	Creamy Rice Pudding or Lemon Cheesecake	Baked Eves Pudding or Caramel Slice	Pineapple Upside-Down Cake or Strawberry Jam Roll	Chocolate Sponge or Fresh Fruit

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Week 3	Homemade Vegetarian Soup of the Day with Wholemeal Bread				
The Main Event	Spaghetti Factory! Traditional Minced Lamb Bolognese	Turkey Lurkey! Turkey Escalope & Salad in a Bun	All Beef To Me! Tender Roast Topside of Beef	Sausage Shop! Oven Baked Cumberland Sausages	Gone Fishin'! Baked Battered Haddock Fillet
Meat Free Zone	Roasted Vegetable & Fresh Herb Quiche	Spicy Tomato & Mixed Bean Burger	Butter Bean, Chick Pea & Courgette Caserole	Baked Quorn Sausage	Quorn, Potato & Vegetable Plait
And To Go With	Spaghetti Minted New Potatoes Honey & Poppy Seed Courgettes	Spicy Potato Wedges Peas & Sweet Corn Mix Selection of Dips	Golden Roast Potatoes Cauliflower Cheese Yorkshire Pudding	Mustard Mash Potato Onion Gravy Fresh Broccoli & Cauliflower Mix	Crunchy Chips Baked Beans Peas & Sweet Corn
Mama Mia	Chicken a la King or Mediterranean Vegetable Sauce	Tender Pork Goulash or Chunky Vegetable & Tomato Salsa	Mild Lamb Chilli or Tangy Mexican Bean & Quorn Sauce	Tuna & Spring Onion Salsa or Cheese Leek & Chive Sauce	Diced Chicken, Fresh Herb & Corn Sauce or Vegetable Chilli
Sporting Jackets	Filled with Baked Beans, Grated Cheese or Tuna Mayo	Filled with Baked Beans, Grated Cheese or Coleslaw	Filled with Baked Beans, Grated Cheese or Prawn Mayo	Filled with Baked Beans, Grated Cheese or Tuna Salsa	Filled with Baked Beans, Grated Cheese or Coleslaw
Scrummy Puds	Lemon Topped Sponged or Orange Jelly	Cherry Pie or Creamy Chocolate Mousse	Apple, Cinnamon & Sultana Crumble or Carrot Cake	Vanilla Bread & Butter Pudding or Chocolate Brownie	Chocolate Sponge with Chocolate Custard or Ice Cream

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Week 4	Homemade Vegetarian Soup of the Day with Wholemeal Bread				
The Main Event	Tikka-Tastic! Diced Lamb Tikka Masala	Kung Fu! Chinese Chicken Chow Mien	Belly On Down! Roast Loin of Pork	The Italian Job! Homemade Pepperoni Pizza	It's a Fishy Day! Baked Seasoned Pollack Fillet
Meat Free Zone	Chunky Vegetable & Potato Curry	Crispy Vegetable & Tofu Spring Roll	Mushroom & Fresh Herb Stroganoff with Rice	Mixed Mushroom & Fresh Herb Risotto	Roasted Vegetable Frittata
And To Go With	Seasoned Vegetable Rice Naan Bread Puppodums	Soy Noodles Stir-Fry Vegetables Prawn Crackers Sweet Chilli Dip	Golden Roast Potatoes Broccoli, Cauliflower & Carrot Medley	Potato & Red Onion Salad Homemade Garlic Bread Crunchy Mixed Salad	Herby New Potatoes Carrot, Pea & Sweet Corn medley
Mama Mia	Spicy Chicken or Tomato & Fresh Herb Sauce with Cheese Filled Pasta Pillows	Mild Beef & Bean Chilli or Rich Creamy Mushroom Sauce	Diced Chicken & Tomato Sauce or Quorn & Vegetable Pasta Bake	Minced Cajun Chicken or Spanish Bean & Quorn Sauce	Chopped Bacon, Mushroom & Herb Sauce or Arrabiatta Sauce
Sporting Jackets	Filled with Baked Beans, Grated Cheese or Tuna Mayo	Filled with Baked Beans, Grated Cheese or Coleslaw	Filled with Baked Beans, Grated Cheese or Prawn Mayo	Filled with Baked Beans, Grated Cheese or Tuna Salsa	Filled with Baked Beans, Grated Cheese or Coleslaw
Scrummy Puds	Sticky Toffee Pudding or Nutless Bakewell Tart	Creamy Rice Pudding or Mixed Berry Pavlova	Strawberry Marble Cake Or Chocolate Sponge with Butter Cream	Apple & Sultana Plait or Raspberry Jelly	Chocolate Sponge or Fresh Fruit Selection

Available Daily: 100% Fresh Salad Bar and Fresh Fruit and Homemade Unsweetened Yoghurt