Flis week's menu



Week One

	E					91	
v	a	a	n	O	VI	- 1	
	a	a	n	O	VI	ľ	

Taste of India

Tuesday

Wednesday Roast Day

Thursday

Friday

Soup Station

Mulligatawny
Topping Station
Roasted croutons chilli flakes toasted seeds
fresh bread of the day

Minestrone Soup
Topping Station
Roasted croutons chilli flakes toasted seeds
fresh bread of the day

Broccoli & Cheddar Soup
Topping Station
Roasted croutons chilli flakes toasted seeds
fresh bread of the day

Butternut Lime & Coconut
Topping Station
Roasted croutons chilli flakes toasted seeds
fresh bread of the day

Roasted Pepper & Tomato
Topping Station
Roasted croutons chilli flakes toasted seeds
fresh bread of the day

Main course

Butter Chicken with Coriander Yoghurt

Beef Bolognaise with torn Basil

Roast Day

Tamarind Pork Peppers & Pineapple

Sustainable Battered or Steamed fish of the day with Tartare Sauce & Lemon

Vegetarian

Vegetable Paneer Tikka Masala

Butternut Squash Soya & Spinach Ragu

Gnocchi with Wild Mushroom Sundried Tomato & Sage Oil Sweet & Sour Tofu Noodles with Pak Choi

Veggie Bean Burger with Crispy Onions Tomato & Iceberg

On the Side

Mushroom Rice Naan Bread Mango Chutney Onion Tomato & Cucumber Spaghetti Garlic Bread Herb Roasted Broccoli & Celeriac

Zero Roast Potatoes Yorkshire Pudding Carrots & Peas Garlic & Rosemary Gravy Sweet Chilli Noodles
Saute Cabbage Leek & Chinese Leaf
Prawn Crackers

Chips Baked Beans

Dessert

Godstowe Berry Mess

Greek or Strawberry Yoghurt Jelly Pots Whole Fruit Treacle Tart & Custard

Jelly pots Vanilla or strawberry yoghurt Whole Fruit Coconut & Pineapple Cake

Jelly pots Greek or strawberry yoghurt Whole Fruit Vanilla & Chocolate Chip Cheesecake Jelly pots Honey yoghurt or natural yoghurt Whole Fruit Strawberry Cream Cake Jelly pots Vanilla yoghurt or mango yoghurt Whole Fruit

This week's menu



Week Two

Monday

British

Tuesday

Noodle Station

Wednesday

Tex Mex

Thursday

Taste of Italy

Friday Year 8 Day

Soup station

Leek & Potato
Topping station
roasted croutons chilli flakes toasted

seeds fresh bread of the day Carrot Orange & Coriander
Topping station
roasted croutons chilli flakes toasted

seeds fresh bread of the day Chilli & Tomato
Topping station
roasted croutons chilli flakes toasted

seeds fresh bread of the day Cream of Mushroom & Oregano
Topping station
roasted croutons chilli flakes toasted

seeds fresh bread of the day Pea Soup
Topping station
roasted croutons chilli flakes toasted
seeds

fresh bread of the day

Lincolnshire Sausages with Herby Gravy

Thai Salmon & Edamame Noodles

Chicken Burritos

Beef Lasagne With

Garlic Bread

Chicken Goujons

Vegetarian

Main course

Vegetarian Sausages With Crispy Onions Tofu Satay Kebab with Vegetable Noodles

Vegetable Burrito with Falafel

Vegetable Lasagne with Garlic Bread

Vegetable Fingers

On the side

Mash Potato

Broccoli & Carrots

Soy & Ginger sauteed kale, green & Chinese Cabbage Stir Fry

Cajun Wedges Charred Corn on the Cob Carrot & Green Beans Katsu Sauce Chips Peas

Dessert

Lemon Drizzle
Jelly Pots
Greek or Strawberry Yoghurt
Whole Fruit

Banoffee Pots Jelly Pots Vanilla or Strawberry Yoghurt Whole Fruit Harlequin Cake Jelly Pots Greek or Strawberry Yoghurt Whole Fruit Lemon Meringue Pots
Jelly Pots
Honey Yoghurt or Strawberry Yoghurt
Whole fruit

Chocolate Fudge Cake Jelly pot Vanilla or mango yoghurt Whole fruit

Fisweek's menu



Monday	M	or	ıd	ay
--------	---	----	----	----

Spanish

Tuesday

Wednesday

Japan

Thursday

Friday

Soup Station

Spanish Vegetable Soup
Topping station
Roasted crouton chilli flakes toasted
seeds
Fresh bread of the day

Sweet Potato & Rocket
Topping station
roasted croutons chilli flakes toasted
seeds

fresh bread of the day

Miso Soup pesto Topping station roasted croutons chilli flakes toasted seeds fresh bread of the day Cream of Celeriac & Stilton Topping station roasted croutons chilli flakes toasted seeds Tomato Soup
Topping station
roasted croutons chilli flakes toasted
seeds
fresh bread of the day

Main course

Chicken Paella

Cottage Pie

Yakitori Chicken

Beef Stroganoff

fresh bread of the day

Battered Fish or Herby Steamed Trout

Vegetarian

Spanish Tortilla with Tomato & Oregano Sauce

Roast Butternut Squash Feta & Sundried Tomato Quiche

Vegetable Gyoza

Leek & Mushroom Mac'n'Cheese

Spinach & Ricotta Cannelloni

On the side

Pisto

Rocket Caramelised Orange Figs & Manchego Salad

Saute Cabbage & Carrots

Yaki Soba Noodles Miso Buttered Mushrooms & Spinach Braised Rice Green Beans & Corn Fries Baked Beans

Dessert

Churros with Chocolate Sauce Jelly pots Greek or strawberry yoghurt Whole Fruit

Strawberry Cheesecake
Jelly pots
Vanilla or strawberry yoghurt
Whole Fruit

Japanese Castella Cake Jelly pots Greek or strawberry yoghurt Whole Fruit Chocolate Mousse Pot Jelly Pots Honey or natural yoghurt Whole Fruit Ice Cream Tubs Jelly pots Vanilla or mango yoghurt Whole Fruit