

## Lady Manners School Lunch Menu

The food served at Lady Manners School is all prepared from scratch every day in the kitchens in school. There are four nutritionally balanced weekly menus which are rotated. In addition, the following are available every day:

### Morning snack

- Hot buttered toast and fruit is available in the main hall every morning

### Lighter lunches

- Freshly made sandwiches and filled rolls
- Cold chicken wraps
- Jacket potatoes with a choice of fillings (tuna, cheese, beans or salad)
- Salad bar with ham, cheese or tuna

### Drinks

- Bottled water
- Chocolate milk
- Apple juice
- Orange Juice
- Strawberry milk
- Flavoured water
- Milk

### Meal Deal

A 'meal deal' is available every day for Lower School students. They can opt for a complete, nutritionally balanced meal for a reasonable price. A meal deal consists of:

- One of the highlighted main meals (highlighted in blue) on the following menus
- Any pudding or cake
- Any two items from the following:
  - Vegetables (chips not included)
  - Mashed potato (one scoop)
  - Carton of juice or milk (unflavoured)
  - Portion of rice
  - Fruit

Note: occasionally it might be necessary to change these menus at short notice.

### Allergy Notice

- Nut allergies: we do not use nuts of any kind or any nut derivatives like almond essence in the food produced on the premises.
- Wheat/Gluten allergies: we do provide some options for gluten free students, but these are prepared in an environment where wheat flour/gluten is used as we do not have the facilities or space to have a separate place for this. While we will do everything in our power to ensure that there is no cross-contamination (e.g. cleaning and sterilising utensils and surfaces, using separate utensils), we are unable to give an absolute guarantee.
- All other allergies: we maintain a list of ingredients in each kitchen for all the food produced on the premises. If students are unsure about anything they should ask any of the catering staff so that they can check.

## Lady Manners School Lunch Menu

Week 1 (weeks commencing: 10 Sep; 8 Oct; 12 Nov; 10 Dec 2018; 21 Jan; 25 Feb; 25 Mar; 6 May; 10 June; 8 Jul 2019)

### Main Course - Lower School

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti bolognaise	Chicken & mushroom pie	Roast of the week	Chicken korma	Gammon & pineapple
Cheese & onion pasties	Spicy wraps	Spicy wraps	Chicken tikka	Macaroni cheese
Chicken burger in bap	Pasta King	Pasta King	Lamb korma	Sausages
Bacon rolls			Homemade pizza	Sausage rolls
				Pies

### Main Course - Upper School

Monday	Tuesday	Wednesday	Thursday	Friday
Burger theme (chicken, beef or veggie)	Yorkshire pudding theme (with sausage, braised steak, veggie chilli or veggie sausage)	Wrap theme	Indian theme (chicken tikka, minced lamb korma or vegetable and chickpea balti)	Macaroni cheese
Cheese & onion pasties	Chicken & mushroom pie	Roast of the week	Homemade pizza	Pies & chips
	Pasta King	Veggie burgers		Baked breaded fish
		Pasta King		

### Accompaniments and Desserts – Whole School

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes
Mashed potato	Mashed potato	Mashed potato	Mashed potato	Mashed potato
Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
Spaghetti	Cabbage	Spaghetti	Green beans	Spaghetti
Sweetcorn	Mixed vegetables	Parsnips/peas	Broccoli	Sweetcorn
Broccoli	Peas	Carrots/swede	Sweetcorn	Mushy peas
Chocolate sponge	Fruit crumble	Cornflake tart	Chocolate crunch	Syrup sponge
Chocolate sauce	Custard	Custard	Chocolate sauce	Custard
Iced buns	Flapjack	Chocolate dipped shortcake	Muffins	Iced buns or Chelsea buns
Chocolate cracknel	Chilled chocolate biscuit	Decorated cake	Iced Shortbread	Rosalie biscuit
		Australian crunch	Cornflake crisp	Chewy fudge
		Ginger biscuit		

## Lady Manners School Lunch Menu

Week 2 (weeks commencing: 17 Sep; 15 Oct; 19 Nov; 17 Dec 2018; 28 Jan; 4 March; 1 Apr; 13 May; 17 Jun; 15 Jul 2019)

### Main Course - Lower School

Monday	Tuesday	Wednesday	Thursday	Friday
Yorkshire pudding & sausage Cheese flan Spicy wraps	Meat & potato pie Chicken burgers in a bap Bacon cobs Pasta King	Roast of the week Spicy wraps Tomato and basil pasta	Sweet & sour chicken Szechuan pork BBQ chicken Vegetable sweet & sour Tuna pasta bake Pasta King	Homemade pizza Sausages Sausage rolls Pies Baked breaded cod

### Main Course - Upper School

Monday	Tuesday	Wednesday	Thursday	Friday
Burger theme (chicken, beef or veggie) Cheese flan	Pasta theme (meat or quorn bolognaise, tomato & basil pasta or ham & mushroom carbonara) Meat & potato pie	Wrap theme Roast of the week Veggie burgers Pasta King	Chinese theme (sweet & sour chicken, Szechuan pork, barbecue chicken, and veggie sweet & sour) Tuna pasta bake Pasta King	Homemade pizza Pies, sausage rolls & chips Baked, breaded fish

### Accompaniments and Desserts – Whole School

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potatoes Mashed potato Baked beans Spaghetti Carrots, Peas (Lower School) Broccoli, Sweetcorn (Upper School)	Jacket potatoes Mashed potato Baked beans Cabbage Mixed vegetables Peas	Jacket potatoes Mashed potato Baked beans Spaghetti Parsnips Carrots/swede Green beans, Leeks	Jacket potatoes Mashed potato Baked beans Sweetcorn Broccoli	Jacket potatoes Mashed potato Baked beans Spaghetti Sweetcorn Mushy peas
Marble sponge Chocolate sauce Iced buns Chilled chocolate biscuit	Cheesecake Rice pudding & jam Muffins Iced shortbread Chocolate cracknel	Chocolate crunch Chocolate sauce Decorated cake Chocolate dipped shortcake Rosalie biscuit Chewy fudge	Strawberry shortcake Custard Flapjack Cornflake crisps	Fruit crumble Custard Iced buns or Devonshire splits Australian crunch Cherry shortbread

## Lady Manners School Lunch Menu

Week 3 (weeks commencing: 24 Sep; 22 Oct; 26 Nov 2018; 7 Jan; 4 Feb; 11 Mar; 8Apr; 20 May; 24 Jun 2019)

### Main Course - Lower School

Monday	Tuesday	Wednesday	Thursday	Friday
Beef lasagne	Chicken & mushroom pie	Roast of the week	Chicken korma	Gammon & pineapple
Cheese & onion quiche	Spicy wraps	Vegetable lasagne	Chicken tikka	Macaroni cheese
Chicken burger in a bap	Pasta King	Spicy wraps	Lamb korma	Sausages
Bacon rolls			Vegetable & chickpea balti	Sausage rolls
			Pasta King	Pies

### Main Course - Upper School

Monday	Tuesday	Wednesday	Thursday	Friday
Burger theme incl veggie burgers	Yorkshire pudding theme incl vegetable sausages	Wrap theme	Indian theme	Macaroni cheese
Beef lasagne	Vegetable chilli	Roast of the week	Broccoli, potato & cauliflower bake	Pies & chips
Cheese & onion quiche	Braised steak casserole	Veggie burgers	Pasta King	Baked breaded fish
	Pasta King			

### Accompaniments and Desserts – Whole School

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes
Mashed potato	Mashed potato	Mashed potato	Mashed potato	Mashed potato
Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
Spaghetti	Green beans	Spaghetti	Mixed vegetable	Spaghetti
Sweetcorn	Swede	Carrots, Peas/cabbage	Broccoli	Sweetcorn
Broccoli	Cabbage, Peas	Leeks, Parsnips		Mushy peas
Syrup sponge	Chocolate crunch	Cornflake tart	Strawberry & apple pie	Bread & butter pudding
Custard	Chocolate sauce	Custard	Custard	Custard
Iced buns	Chocolate dipped shortcake	Flapjack	Muffins	Iced buns or Chelsea buns
Chilled chocolate biscuit	Banana or decorated cake	Cornflake crisp	Iced shortbread	Rosalie biscuit
	Chocolate cracknel		Australian crunch	Chewy fudge
			Oatie biscuits	

## Lady Manners School Lunch Menu

Week 4 (weeks commencing: 1 Oct; 6 Nov; 3 Dec 2018; 14Jan; 11 Feb; 18 Mar; 29 Apr; 3 Jun 2019)

### Main Course - Lower School

Monday	Tuesday	Wednesday	Thursday	Friday
Yorkshire pudding & sausage	Shepherds Pie	Roast of the week	Sweet & sour chicken	Homemade pizza
Lentil & pepper flan	Chicken burger in a bap	Tomato & basil pasta	Szechuan pork	Sausages
Spicy wraps	Bacon rolls	Spicy wraps	Vegetable sweet & sour	Sausage rolls
	Pasta King		BBQ chicken	Pies
			Tuna pasta bake	Baked breaded fish
			Pasta King	

### Main Course - Upper School

Monday	Tuesday	Wednesday	Thursday	Friday
Burger theme	Pasta theme (meat or quorn bolognese, tomato & basil pasta or ham & mushroom carbonara)	Wrap theme	Chinese theme (sweet & sour chicken, Szechuan pork, barbecue chicken, and veggie sweet & sour)	Homemade pizza
Lentil & pepper flan	Shepherds Pie	Roast of the week	Tuna pasta bake	Pies, Sausage rolls & chips
		Tomato and basil pasta	Pasta King	Baked breaded fish
		Veggie burgers		

### Accompaniments and Desserts – Whole School

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes
Mashed potato	Mashed potato	Mashed potato	Mashed potato	Mashed potato
Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
Spaghetti	Cabbage	Spaghetti	Green beans	Spaghetti
Carrots, Peas	Mixed vegetables	Parsnips/peas	Broccoli	Sweetcorn
Broccoli, Sweetcorn		Carrots/swede		Mushy peas
		Leeks, Peas		Garden peas
Fruit crumble	Steamed jam roll	Chocolate crunch	Strawberry shortcake	Syrup sponge
Custard	Custard	Chocolate sauce	Custard	Custard
Flapjack	Flapjack	Chocolate dipped shortcake	Muffins	Iced buns or Devonshire splits
Cornflake crisp	Rosalie biscuit	Decorated cake	Iced shortbread	Chocolate cracknel
	Chewy fudge	Chilled chocolate biscuit	Australian crunch	
			Ginger biscuit	