



Monday

Broccoli and Stilton soup
(smooth blend of Broccoli & grated stilton cheese)

• œ

Diced Chicken Tikka

(peices of chicken in a creamy tikka sauce served with saffron rice)

Vegetable Tikka

(peppers, onion, Sweetcorn, courgette, pan fried with tikka spices in a cream sauce)

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Chocolate sponge & custard

Fresh fruit

Tuesday

Spicy curry soup
(smooth curry with rice soup)

• œ

Prime Angus beef presented with

Yorkshire pudding

(succulent silverside of beef, carved & smothered in a rich roast gravy)

Vegetarian Casserole

(chunky seasonal vegetables in a light Gravy)

• œ

Baked Potatoes with Various Fillings

• œ

French Toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Strawberry Fruit jelly

Fresh fruit

Wednesday

Cream of tomato
(a classic creamy tomato soup)

• œ

¼ lb Burgers

Served in a bun with crisp salad

Vegetarian burgers

(vegetarian quorn burger with a Sweetcorn & tomato salsa in a bun with crisp side salad)

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Selection of Fresh fruit

Thursday

Chicken & Sweetcorn Soup
(pieces of chicken in a creamy Sweetcorn stock)

• œ

Lasagne au gratin

(prime steak mince in a tomato sauce layered between sheets of lasagne topped with a smooth cheese sauce)

Roast vegetable Lasagne

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Selection of ice cream tubs

Fresh fruit

Friday

Green pea soup
(Stock with a blend of green split peas & vegetables)

• œ

A Friday favourite

Breaded haddock and chips Or Fish Finger and chips

Braised broccoli & mature cheddar quiche

(light shortcrust pastry case filled with

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Fridays sweet treat

Fresh fruit





Monday

Highland lentil soup
(a smooth blend of root vegetables & lentils)
• œ
Texan beef chilli with fluffy boiled rice
(tasty beef in a mild chilli sauce served with boiled rice)

Vegetarian Chilli mince with Boiled rice
(tasty vegetable mince in hot chilli sauce)

• œ
Baked Potatoes with Various Fillings

• œ
French toastie with special filling of the week

• œ
Salad bar with a selection of protein and compote salads
Sandwiches
Baguettes
Filled Rolls

• œ
Pear crumble & Cream
Fresh fruit

Tuesday

Cream of cauliflower soup
(fresh cauliflower florets pureed with low fat milk)
• œ
Supreme of chicken
(char grilled supreme of chicken served with a rich onion gravy)

Vegetarian Baked Potato
(selection of vegetarian fillings)

• œ
Baked Potatoes with Various Fillings

• œ
French toastie with special filling of the week

• œ
Salad bar with a selection of protein and compote salads
Sandwiches
Baguettes
Filled Rolls

• œ
Strawberry mousse
Fresh fruit

Wednesday

Carrot & coriander soup
(sweet carrots simmered in a vegetable stock with fresh coriander leaves)
• œ

Light golden sausage rolls

Spicy vegetable tortilla wrap

• œ
Baked Potatoes with Various Fillings

• œ
French toastie with special filling of the week

• œ
Salad bar with a selection of protein and compote salads
Sandwiches
Baguettes
Filled Rolls

• œ
Selection of Fresh fruit

Thursday

Smoked haddock chowder
(thick tasty chowder broth with flakes of smoked haddock)
• œ

Macaroni double cheese bake
(classic macaroni pasta combined with a delicious mornay sauce with double the cheese)

Vegetable stir fry
(stir fried seasonal vegetables coated in a tangy hoi sin sauce, served with soft egg noodles)

• œ
Baked Potatoes with Various Fillings

• œ
French toastie with special filling of the week

• œ
Salad bar with a selection of protein and compote salads
Sandwiches
Baguettes
Filled Rolls

• œ
Sticky Toffee Pudding
Fresh fruit

Friday

Simply scotch broth soup

• œ
A Friday favourite
Breaded haddock & chips
Fish Finger and chips

Braised broccoli & mature cheddar quiche
(light shortcrust pastry case filled with broccoli, onion, mature cheddar & light egg mixture baked in the oven)

• œ
Baked Potatoes with Various Fillings

• œ
French toastie with special filling of the week

• œ
Salad bar with a selection of protein and compote salads
Sandwiches
Baguettes
Filled Rolls

• œ
Fridays sweet treat
Fresh fruit





Monday

Yellow split pea soup
(a smooth blend of yellow peas & vegetables)

• œ

Chicken curry
(chicken in a mild curry sauce
Served with rice and prawn crackers)

Chunky Vegetable Curry
(roughly chopped vegetables in a spicy
curry sauce served in a rice)

• œ

Baked Potatoes
with Various Fillings

• œ

French toastie with
special filling of the week

• œ

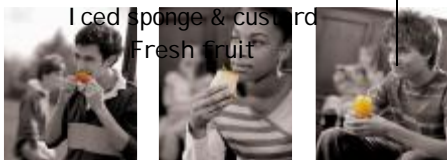
Salad bar with a selection of
protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ



Tuesday

Warming minestrone soup

• œ

Braised Sausage Casserole in a
Yorkshire Pudding
(braised pork sausage in a onion
gravy)

Braised Quorn sausage in onion
gravy

• œ

Baked Potatoes
with Various Fillings

• œ

French toastie with
special filling of the week

• œ

Salad bar with a selection of
protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Blackcurrant Fruit jelly
Fresh fruit

Wednesday

Chinese Chicken Noodle Soup
(shredded chicken noodles egg white &
vegetables)

• œ

Concept Theme Bar Pizza Day

Selection of pizzas
to choose from
pepperami
ham and pineapple
cheese
Mixed Vegetable

• œ

Baked Potatoes
with Various Fillings

• œ

French toastie with
special filling of the week

• œ

Salad bar with a selection of
protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Selection of Fresh fruit

Thursday

Highland lentil soup
(a smooth blend of root vegetables & lentils)

• œ

Pasta Bolognaise
(Penne Pasta in a tomato Bolognaise served
with crusty bread)

Mushroom stroganoff served on a
bed of wild rice
(sauté mushrooms & onions in a creamy
French mustard & garlic sauce)

• œ

Baked Potatoes
with Various Fillings

• œ

French toastie with
special filling of the week

• œ

Salad bar with a selection of
protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Creamed Rice
Fresh fruit

Friday

Cream of tomato
(a classic creamy tomato soup)

• œ

A Friday Favourite
Breaded haddock & chips
Fish Finger and chips

Red onion & rockette tart
(light short pastry case filled with slices of
onion & rocket in a light egg mix & baked in
the oven)

• œ

Baked Potatoes
with Various Fillings

• œ

French toastie with
special filling of the week

• œ

Salad bar with a selection of
protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Fridays sweet treat
Fresh fruit



Monday

Creamy Vegetable Soup

• œ

Lamb Jalfrezi

(Peices of lamb in rich tomato and curry sauce served with popadoms)

Cheese & tomato flan

(mature cheddar cheese & fresh ripe tomatoes in a shortcrust pastry case topped up with a light egg mix & baked)

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Pancake and Syrup

Fresh fruit

Tuesday

Simply scotch broth

(diced vegetables with pulses & barley in a peppery broth)

• œ

Roast pork loin

(succulent loin of pork gently roasted & carved presented with a rich pork jus)

Vegetarian lasagne

(roast root vegetables in a rich vegetarian tomato sauce layered between sheets of lasagne & topped with a cheese sauce)

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Butterscotch mousse delight

Fresh fruit

Wednesday

Leek & potato soup

(chunky leeks & potato in a vegetarian broth)

• œ

Nachos

(Texan chilli beef with nachos & mozzarella cheese and salsa sauce)

Chilli roasted vegetables in a crisp tortilla

(roughly chopped vegetables oven roasted & combined with a sweet chilli dressing served inside a tortilla)

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Selection of Fresh fruit

Thursday

Cream of chicken soup

• œ

Charred Italian style pork meatballs in a napoli sauce

(succulent pork mince meatballs, oven roasted & served in a rich tomato & garlic sauce)

Authentic ratatouille with pasta

(courgettes, aubergines, peppers, onion, tomato & herbs combined with penne pasta)

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Apple pie & custard sauce

Fresh fruit

Friday

Tangy tomato & red pepper soup

• œ

A Friday Favourite

Breaded haddock, chips & lemon Fish Finger and chips

Butternut squash & chickpea balti

(chunks of squash & chick peas in a mild balti sauce served with rice)

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Fridays sweet treat

Fresh fruit





Monday

Cream of mushroom soup

• œ

Sweet and Sour Chicken

(tender chicken in pineapple tomato pepper viniger and sugar sauce served with rice)

Sweet and Sour Vegetables

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Chocolate sponge &

chocolate sauce

Fresh fruit

Tuesday

Highland lentil soup

(smooth blend of root vegetables & lentils)

• œ

Savoury Mince and Potatoes (traditional mince served with creamy mash potatoes)

Mature cheddar & tomato flan (light shortcrust pastry case filled with mature cheddar & tomatoes with a light egg mix & baked in the oven)

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Fruit trifle

Fresh fruit

Wednesday

Chicken & rice soup

(a chunky broth of chicken & rice with vegetables)

• œ

Bangers And Creamy Mash

Baked potatoes with a choice of fillings

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Selection of Fresh fruit

Thursday

Chunky vegetable soup

(seasonal roots blended with pulses)

• œ

Special Day Theme Bar Hot baguettes

Freshly baked baguette with a choice of fillings

BBQ chicken

Chicken tikka

Roast seasonal vegetables & pesto

Vegetable korma

(chunky seasonal roots in a mild coconut curry sauce served with rice)

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Artic Roll

Fresh fruit

Friday

Warming minestrone

• œ

Friday Favourite

Breaded haddock & chips

Fish Finger and chips

Spinach & ricotta bake (spinach & ricotta cheese smothered in a light tomato sauce mixed with penne pasta & finished in a hot oven)

• œ

Baked Potatoes with Various Fillings

• œ

French toastie with special filling of the week

• œ

Salad bar with a selection of protein and compote salads

Sandwiches

Baguettes

Filled Rolls

• œ

Fridays sweet treat

Fresh fruit





Monday

Cream of slow cooked tomato
(a classic creamy tomato soup)

• œ

Chicken A La King

(Chicken with peppers, mushroom and onion
in a rich cream sauce served with boiled
rice)

Loaded potato skins

(oven baked potato skins stuffed with
potato, mature cheddar, leek & onion)

• œ

**Baked Potatoes
with Various Fillings**

• œ

French toastie with
special filling of the week

• œ

Salad bar with a selection of
protein and compote salads

- Sandwiches
- Baguettes
- Filled Rolls

• œ

Iced sponge & custard sauce
Fresh fruit



Tuesday

Yellow split pea soup
(a smooth blend of yellow split peas &
vegetables)

• œ

Prime steak & onion pie

(tender pieces of steak braised with onions
topped with golden puff pastry)

Vegetable Pie

• œ

**Baked Potatoes
with Various Fillings**

• œ

French toastie with
special filling of the week

• œ

Salad bar with a selection of
protein and compote salads

- Sandwiches
- Baguettes
- Filled Rolls

• œ

Orange Fruit jelly
Fresh fruit

Wednesday

Creamy Potato and Leek
(puree of potato and leek in
vegetable stock)

• œ

Selection of filled wraps
(chicken tikka Crispy chicken Or
Ham served with seasonal salad)

**Vegetable Quorn
With seasonal salad**

• œ

**Baked Potatoes
with Various Fillings**

• œ

French toastie with
special filling of the week

• œ

Salad bar with a selection of
protein and compote salads

- Sandwiches
- Baguettes
- Filled Rolls

• œ

Selection of Fresh fruit

Thursday

Chicken and rice soup

• œ

**Concept Theme Bar
Pasta Bar**

Rich bolognaise, creamy carbonara,
sweet tomato & basil
Penne pasta, spaghetti, macaroni
Garlic bread

• œ

**Baked Potatoes
with Various Fillings**

• œ

French toastie with
special filling of the week

• œ

Salad bar with a selection of
protein and compote salads

- Sandwiches
- Baguettes
- Filled Rolls

• œ

Waffles and Syrup
Fresh fruit

Friday

French Onion Soup

• œ

Friday Favourites
Breaded haddock & chips
Fish Finger and chips

Chunky ratatouille salsa
in a pitta pocket
(roughly chopped vegetables in a light
tomato sauce served in a pitta bread)

• œ

**Baked Potatoes
with Various Fillings**

• œ

French toastie with
special filling of the week

• œ

Salad bar with a selection of
protein and compote salads

- Sandwiches
- Baguettes
- Filled Rolls

• œ

Fridays sweet treat
Fresh fruit



WELLINGTON SCHOOL



Special Day Calendar of Events featuring throughout the month