

# LHS MENU

All items are subject to availability.

## AUTUMN & WINTER TERM 21 - WEEK 1

### MAINS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOMEMADE BEEF LASAGNE & GARLIC BREAD	ROAST BEEF, YORKSHIRE PUDDING, HERB ROAST POTATOES & GRAVY	CHICKEN CURRY WITH STEAMED RICE & MINI NAAN	SWEET & SOUR CHICKEN WITH ORIENTAL STYLE NOODLES	OVEN BAKED BATTERED FISH & BAKED CHIPS

### MARKET VEGETABLES

FRESH GARDEN SALAD	SEASONAL STEAMED VEGETABLE, CARROT & BROCCOLI	MINT & CUCUMBER RAITA & ROASTED SWEET POTATO	SAUTÉED SAVOY CABBAGE & MUSHROOM	GARDEN PEAS & BAKED BEANS
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### VEGETARIAN OPTION

HOMEMADE 5 VEG LASAGNE & GARLIC BREAD	ROASTED QUORN FILLET, YORKSHIRE PUDDING, HERB ROAST POTATOES & GRAVY	TOFU & VEGETABLE CURRY WITH STEAMED RICE & MINI NAAN	VEGETABLE CHOW MEIN	ROASTED TOMATO, BASIL & PARMESAN QUICHE WITH BAKED CHIPS
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### HOT DELI

MEXICAN STYLE HOMEMADE MEATBALLS & SUB ROLLS	ODEIGA SPICED CHICKEN BURGER WITH LETTUCE & TOMATO	TANDOORI CHICKEN POCKETS WITH YOGHURT DRESSING	BBQ PORK RIBS IN MINI FRENCH BAGUETTE	STONE BAKED PEPPERONI OR MARGHERITA PIZZA
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### PASTA BAR

PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)
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### GRAB & GO

BEEF BURGER ON A BED OF LETTUCE & TOMATO	MEATBALL SUB	BEEF QUESADILLA	HAM & CHEESE PANINI TOMATO & CHEESE PANINI	HOMEMADE MARINATED CHICKEN BURGER ON A BED OF LETTUCE & TOMATO
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### TERRACE

JACKET POTATO WITH A SELECTION OF FILLINGS				
SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES

### DESSERTS

SELECTION OF HOMEMADE CAKES OR COOKIES				
WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS



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## AUTUMN & WINTER TERM 21 - WEEK 2

### MAINS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CUMBERLAND SAUSAGE WITH HOMEMADE MASH & GRAVY	ROASTED CHICKEN, YORKSHIRE PUDDING & HERB ROASTED POTATOES	MEXICAN CHICKEN FAJITA WITH WHOLEMEAL TORTILLA & HOMEMADE CAJUN POTATO WEDGES	BEEF TAGINE WITH ROASTED VEGETABLE COUSCOUS	OVEN BAKED BATTERED FISHFINGERS & BAKED CHIPS

### MARKET VEGETABLES

GARDEN PEAS & STEAMED CARROT BATONS	SWEETCORN & STEAMED BROCCOLI	TOMATO & PEPPER SALSA SALAD	MOROCCAN STEAMED CAULIFLOWER & GREEN BEANS	GARDEN PEAS & BAKED BEANS
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### VEGETARIAN OPTION

VEGETARIAN SAUSAGE WITH HOMEMADE MASH & GRAVY	VEGETABLE & CHEESE COUNTRY BAKE	MEXICAN QUORN FAJITA WITH WHOLEMEAL TORTILLA & HOMEMADE CAJUN POTATO WEDGES	CHICKPEA TAGINE WITH VEGETABLE COUSCOUS	VEGETABLE SCHNITZEL & BAKED CHIPS
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### HOT DELI

EMPIRE HOT DOG & SAUTÉED ONION WITH HOMEMADE POTATO WEDGES	JERK CHICKEN SUB ON A BED OF LETTUCE & TOMATO	MEXICAN CHICKEN BURGERS & HOMEMADE POTATO WEDGES	MOROCCAN CHICKEN FLATBREAD & SALAD	SPICY CHICKEN & CHEESE CALZONE / TOMATO, ONION & CHEESE CALZONE
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### PASTA BAR

PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)
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### GRAB & GO

BEEF BURGER ON A BED OF LETTUCE & TOMATO	MEAT KOFTA IN FLATBREAD	MENTED LAMB BURGER	HOMEMADE MARINATED CHICKEN BURGER ON A BED OF LETTUCE & TOMATO	TANDORI CHICKEN POCKETS
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### TERRACE

JACKET POTATO WITH A SELECTION OF FILLINGS				
SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES

### DESSERTS

SELECTION OF HOMEMADE CAKES OR COOKIES				
WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS

SMALL MEAL DEAL £2.75

LARGE MEAL DEAL £3.20



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## AUTUMN & WINTER TERM 21 - WEEK 3

### MAINS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOMEMADE SHEPHERDS PIE	GRILLED PORK LOIN, OLIVES, CAPERS & TOMATO SAUCE WITH WHOLEMEAL PENNE PASTA	STEAK & ONION PIE WITH GRAVY	CARIBBEAN CHICKEN CURRY WITH RICE & PEAS	OVEN BAKED BATTERED FISH & BAKED CHIPS

### MARKET VEGETABLES

SAUTÉED KALE & GREEN BEANS	SWEETCORN & BROCCOLI FLORETS	HERB NEW POTATOES AND GARDEN PEAS	ROASTED SWEET POTATO WEDGES & TROPICAL SALAD	GARDEN PEAS & BAKED BEANS
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### VEGETARIAN OPTION

QUORN SHEPHERDS PIE	FALAFEL PATTIE, OLIVES, CAPERS & TOMATO SAUCE WITH WHOLEMEAL PENNE PASTA	CHEESE & ONION PASTIES WITH GRAVY	SPINACH, LENTIL & BUTTERNUT SQUASH CURRY WITH RICE & PEAS	CARAMELISED RED ONION & CHEDDAR TART
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### HOT DELI

MINTED LAMB BURGER	BBQ PORK RIBS IN MINI FRENCH BAGUETTE	TURKEY MEATBALL SUBS	JERK CHICKEN BURGER	WITH HIDDEN VEGETABLE SAUCE (PEPPERONI OR CHEESE)
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### PASTA BAR

PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)	PASTA WITH A SELECTION OF HOMEMADE SAUCE (VEGETARIAN / MEAT)
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### GRAB & GO

HOMEMADE MARINATED CHICKEN BURGER ON A BED OF LETTUCE & TOMATO	BEEF QUESADILLA	HAM & CHEESE PANINI TOMATO & CHEESE PANINI	MINTED LAMB BURGER	BEEF BURGER ON A BED OF LETTUCE & TOMATO
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### TERRACE

JACKET POTATO WITH A SELECTION OF FILLINGS				
SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES	SELECTION OF FRESHLY BAKED BAGUETTES AND HOMEMADE SANDWICHES

### DESSERTS

SELECTION OF HOMEMADE CAKES OR COOKIES				
WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS	WHOLE FRUIT / FRUIT SLICES / FRUIT POTS