



First Year Concourse Lunch Menu – Autumn Term – Week 1 (02/09,23/09,14/10)

	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Counter	Korean Chicken Topped Mac & Cheese	Kerela Chicken Leg, Turmeric Basmati Rice, Pineapple Chutney Chapati	Tuscan Slow Braised Pork & Bean Stew with Sautéed Potatoes	Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander	Sausages with Chip Shop Chips	
Vegetarian	Vegan Bolognese with Penne Pasta	Quorn Sausage Toad in the Hole Mash potato & Gravy	Vegetable Lasagne Rocket Salad	Spinach & Ricotta Cannelloni Garlic Dough Balls.	Mushroom Stroganoff with Steamed Rice	
Pasta	Tomato sauce	Tomato sauce	Tomato sauce	Tomato sauce	Tomato sauce	
Jacket Potato	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	
Vegetables	Roasted Carrots Sweetcorn	Steamed Cauliflower Garden Peas	Broccoli Roast Courgettes	Steamed Leeks Sautéed Cabbage	Garden Peas Steamed Corn	
Fresh Salads	Seasonal Salad Selection					
Fresh Fruit	Whole Fruit, Banana, Apples, Oranges					
Dessert	Cookie	Peaches served with Greek Yoghurt	Homemade Reduced Lemon Drizzle	Homemade Apple Crumble & Custard	Ice Cream Tub	



First Year Concourse Lunch Menu - Autumn Term – Week 2 (09/09,30/09)

	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Counter	Cumberland Sausage Ring with Mashed Potato & Onion Gravy	Beef Burger with French Fries	Buttermilk Chicken Burger on a Brioche Bun, Spicy Mayo & Steamed New Potatoes	Beef Lasagne with Garlic Dough Balls	Fish Fingers Chip Shop Chips	
Main Counter	Caribbean Vegetable Coconut Curry with Steamed Rice	Vegetable Paella with Garlic Aioli & Crusty Bread	Mushroom & Spinach Gnocchi	Chickpea Falafel Wrap With Beetroot Slaw & Mint Dressing	Plant Based Meatless Balls in a Basil Tomato Sauce with Spaghetti	
Pasta	Tomato Sauce	Tomato Sauce	Tomato Sauce	Tomato Sauce	Tomato Sauce	
Jacket Potato	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	
Vegetables	Minted Peas Cauliflower	Sweetcorn Baked Beans	Broccoli Sautéed Cabbage	Steamed Corn Roasted Courgettes.	Baked Beans Garden Peas	
Fresh Salads	Seasonal Salad Selection					
Fresh Fruit	Whole fruit, Banana, Apples, Oranges					
Dessert	Homemade Reduced Sugar Flapjack	Mandarins with Cherry Yoghurt	Homemade Reduced Sugar Banana Cake	Rhubarb Crumble with Custard	Ice Cream Tub	



First Year Concourse Lunch Menu – Autumn Term – Week 3 (16/09,07/10)

	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Counter	Chicken curry with Brown & white Steamed Rice	Hungarian Braised Pork Stew with Crispy Potatoes	Tuscan Roast Chicken with Cannellini Beans	BBQ Beef Brisket Topped Mac & Cheese	Pepperoni Pizza plus dairy free option x 2 pizza & French Fries	
Vegetarian	Vegi Mince Lasagne	Vegetarian Moussaka	Gnocchi Primavera with Rocket & Shaved Parmesan	Sweet Potato & Lentil Tagine with Herb Cous Cous and Flat Bread	Margherita Pizza & French Fries	
Pasta	Tomato Sauce	Tomato Sauce	Tomato Sauce	Tomato Sauce	Tomato Sauce	
Jacket Potato Half Sweet Potato	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	
Vegetables	Steamed Broccoli Steamed Corn	Steamed Pak Choi Roast Courgettes	Oregano Roast Vegetables Garlic Roast Diced Potatoes	Steamed Corn Cauliflower	Baked Beans Garden Peas	
Fresh Salads	Seasonal Salad Selection					
Fresh Fruit	Whole Fruit: Banana, Apples, Oranges					
Dessert	Reduced Sugar Chocolate Brownie	Jam Sponge with Custard	Tiramisu	Apple Pie With Custard	Frozen Yoghurt	