

Sir Charles Parsons

High School Lunch Menu

SEPTEMBER - FEBRUARY



Winter 2025

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Oven Baked Sausage Mashed Potato (v)	Handmade Margherita Pizza Slice (v) Pasta Quills (v)	Rich Vegetable Ragu with Pasta Oven Baked Crusty Bread (v)	Hearty Minced Beef & Vegetable Pie Roasted Potato (v)	Golden Fish Fingers Tomato Dip (v), Chips (vg)
Main Course	Oven Baked Quorn Sausage (v) Mashed Potato (v)	Handmade BBQ Quorn Pizza Slice (v) Pasta Quills (v)	Cheese & Onion Quiche (v) Skin on Wedges (v)	Hearty Quorn & Vegetable Pie (v) Roasted Potato (v)	Quorn Frankfurter in a Bun (v) Chips (vg)
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Arctic Ice Cream Roll (v)	Chocolate & Orange Sponge with Chocolate Custard (v)	Pancakes with Golden Syrup & Sliced Banana (v)	Fruit & Oat Cookie (v)	Apple Crumble Muffin (v)

Chef's choice of Seasonal Vegetables (v)(vg) and Salad Bar (vg) / Oven Baked Jacket Potato – Cheese (v), Tuna Mayo, Beans (v)(vg) / Fresh Sandwiches with (v) and (vg) options.

Why don't you swap the main dessert for fresh fruit or yoghurt and a chilled drink?



WEEK 1	WEEK 2	WEEK 3
01 Sept 25	08 Sept 25	15 Sept 25
22 Sept 25	29 Sept 25	06 Oct 25
13 Oct 25	20 Oct 25	03 Nov 25
10 Nov 25	17 Nov 25	24 Nov 25
01 Dec 25	08 Dec 25	15 Dec 25
05 Jan 26	12 Jan 26	19 Jan 26
26 Jan 26	02 Feb 26	09 Feb 26

Menus are subject to availability (v) suitable for vegetarians (vg) vegan diets

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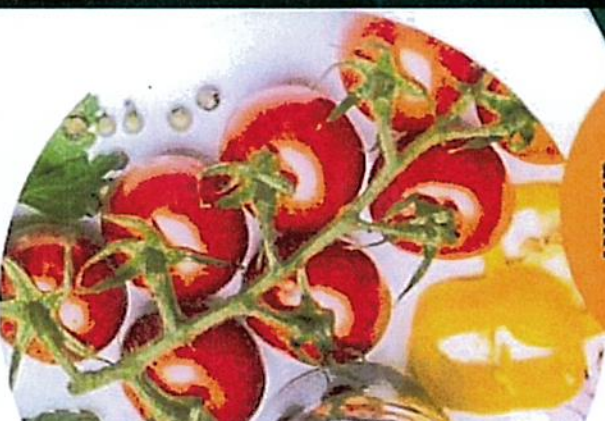


Winter 2025

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Classic Cheeseburger in a Bun (vg)	Traditional All-Day Breakfast (Pork Sausage, Hash Brown, Beans, Omelette)	Classic Mac & Cheese (v) Garlic Bread (v)	Classic Roast Chicken Fillet with Yorkshire Pudding Mashed Potato (v)	Oven Baked Fishcake Chips (vg)
Main Course	Planet Friendly Cheeseburger in a Bun (v) Seasoned Wedges (vg)	Traditional Quorn All-Day Breakfast (v) (Quorn Sausage, Hash Brown, Beans, Omelette)	Classic Quorn Korma Curry (v) Steamed Rice (v) Naan Bread (v)	Mighty Roast Quorn Fillet with Yorkshire Pudding (vg) Mashed Potato (v)	Red Pepper & Paprika Pasta Bake (vg) Garlic Bread Slice (v)
Chef's choice of Seasonal Vegetables (v)(vg) and Salad Bar (vg) / Oven Baked Jacket Potato – Cheese (v), Tuna Mayo, Beans (v)(vg) / Fresh Sandwiches with (v) and (vg) options.					
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Frozen Yoghurt (v)	Fruit Shortbread Custard (v)	Lemon Drizzle Sponge with Custard (v)	Madeleine Sponge Custard (v)	Coconut Cookie (v)

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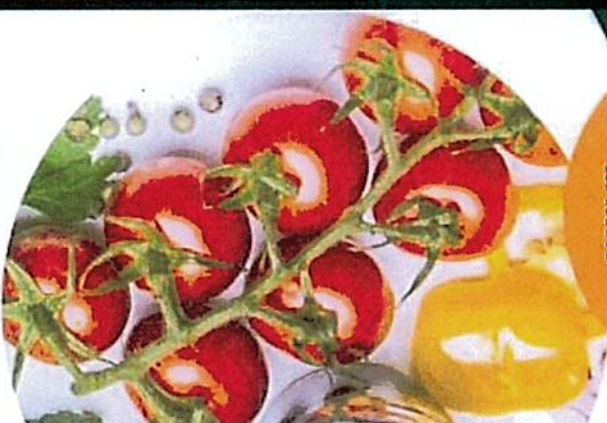


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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	American Style BBQ Meatball Sub Crispy Diced Potato (v)	Crispy Chicken Nuggets Salsa Dip (v) Vegetable Rice (v)	Rainbow Pasta Bake (v) Garlic Bread (v)	Minced Beef Lasagne Oven Baked Crusty Bread (v)	Golden Battered Fish Chips (vg)
Main Course	Quorn & Vegetable Pie (vg) Crispy Diced Potato (v)	Crunchy Quorn Dippers (v) Salsa Dip (v) Vegetable Rice (v)	Classic Cheese & Tomato Quiche (v) Skin on Wedges (v)	Minced Quorn Lasagne (v) Oven Baked Crusty Bread (v)	Homemade Lentil Soup with a Cheese Crouton (v)
Chef's choice of Seasonal Vegetables (v)(vg) and Salad Bar (vg) / Oven Baked Jacket Potato – Cheese (v), Tuna Mayo, Beans (v)(vg) / Fresh Sandwiches with (v) and (vg) options.					
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Chocolate Brownie (v)	Strawberry Mousse (v)	Fruit Flapjack Custard (v)	Frozen Yoghurt (v)	Lemon Muffin (v)

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