



# Simon Langton Grammar School for Boys

Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Chicken Kiev -o0o- Vegetable Kiev	Steak & Potato Pie -o0o- Vegetable Sausages	Chilli Taco with Cheese -o0o- Vegetarian Quiche	Roast Pork -o0o- Vegetable Burger	Crisp Battered Cod -o0o- Homemade Pizza
Vegetables	Saute Potatoes Carrots Garden Peas	Mashed Potato Mixed Vegetables	Jacket Wedges Spicy Mixed Beans	Roast Potatoes Carrots Garden Peas & Cauliflower	Chipped Potatoes Baked Beans
Jackets	Served with Reduced Salt & Sugar Baked Beans, Tuna or Cheese & Green Salad				
Pasta	Chunky Tomato Sauce	Italian Tomato Sauce	Spicy Tomato Sauce	Rich Tomato Sauce	Tomato & Herb Sauce
Desserts	Lemon Sponge with Custard	Apple & Rhubarb Crumble with Custard	Chocolate Sponge with Chocolate Sauce	Jam & Coconut Sponge with Custard	Banana Flapjack with Custard





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Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses 7/5/18	Bank Holiday	Spicy Minced Beef Fajita -o0o- Vegetable Fajita	Chicken Kebab -o0o- Vegetable Kebab Served on a Bed of Cous Cous & Roasted Vegetables	Roast Pork -o0o- Vegetable Kiev	Crisp Battered Cod -o0o- Homemade Pizza
Vegetables		Jacket Wedges Spicy Mixed Beans	Savoury Potatoes Green Salad	Roast Potatoes Carrots Mixed Vegetables	Chipped Potatoes Baked Beans
Jackets	Served with Reduced Salt & Sugar Baked Beans, Low Cal Mayonnaise, Green Salad				
Pasta		Rich Tomato Sauce	Italian Tomato Sauce	Chunky Tomato Sauce	Tomato & Basil Sauce
Desserts		Raspberry & Mixed Berry Jelly with Cream	Chocolate Sponge with Chocolate Sauce	Apple Crumble with Custard	Creamy Rice Pudding with Jam





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Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses 14/5/18	Sweet & Sour Chicken -o0o- Vegetables in Black Bean Sauce (v)	Macaroni Cheese & Bacon Bake -o0o- Cheese & Onion Slice (v)	Shepherds Pie -o0o- Quorn Bolognaise (v)	Roast Beef -o0o- Vegetable Nuggets	Crisp Battered Cod -o0o- Homemade Pizza  <b>Leavers buffet</b>
Vegetables	Boiled Rice Chinese Side Prawn Crackers	Cheesy Onion Bread Green Salad	Mixed Vegetables Garden Peas Gravy	Roast Potatoes Carrots Roast Parsnips	Chipped Potatoes Garden Peas
Jackets	- Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans with Green Salad				
Pasta	Chunky Tomato Sauce	Tomato & Herb Sauce	Italian Tomato Sauce	Tomato and Herb Sauce	Tomato & Basil Sauce
Desserts	Toffee Apple Crumble with Custard	Chocolate Sponge with Chocolate Sauce	Jam & Coconut Sponge with Custard	Red Cherry Lattice with Cream	Chocolate Chip Shortbread with Custard





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Menu 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Spaghetti Bolognese with Cheese -o0o- Quorn Mince Bolognese with Cheese (v)	Sausages With Onion Gravy -o0o- Vegetarian Sausages (v)	Chicken Balti Curry -o0o- Quorn & Vegetable Balti Curry (v)	Honey Roast Gammon -o0o- Vegetable Fajita (v)	Southern Coated Chicken -o0o- Homemade Pizza (v)
Vegetables	Garlic Bread Green Salad	<i>Mashed Potato</i> <i>Baked Beans</i>	Boiled Rice Poppadoms Indian Side	Roast Potatoes Carrots, Garden Peas Cauliflower Cheese	Chipped Potato Spaghetti Hoops
Jackets	Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans with Green Salad				
Pasta	Chunky Tomato Sauce	Tomato & Basil Sauce	Tomato & Herb Sauce	Spicy Tomato Sauce	Italian Tomato Sauce
Desserts	Apple & Rhubarb Crumble with Custard	Chocolate Sponge with Chocolate Sauce	Black Cherry Sponge with Custard	Blueberry Waffle with Cream	Apricot Flapjack with Custard





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Menu 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses  16/4/18	Tuna & Sweetcorn Pasta Bake -o0o- Quorn Mince Bolognaise with Cheese	Chicken Kiev -o0o- Vegetable Kiev	Chilli Con Carne with Cheese -o0o- Macaroni Cheese	Roast Pork -o0o- Vegetarian Slice	Crisp Battered Cod -o0o- Homemade Pizza
Vegetables	Green Salad Garlic Bread	<i>Savoury Potatoes</i> <i>Mixed Vegetables</i>	Boiled Rice Mixed Salad	Roast Potatoes Carrots Garden Peas	Chipped Potatoes Baked Beans
Jackets	Cheese, Tuna, Reduced Salt & Sugar Baked Bean, Low Cal Mayonnaise				
Pasta	Tomato & Herb Sauce	Tomato Sauce	Italian Tomato Sauce	Chunky Tomato Sauce	Spicy Tomato Sauce
Desserts	Blackberry & Apple Crumble with Custard	Lemon Sponge with Custard	Chocolate Sponge with Chocolate Sauce	Mixed Berry Waffle with Cream	Coffee Sponge with Custard





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Menu 6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Chicken & Pepper Tikka Curry -o0o- Vegetable Tikka Curry	Sausages & Yorkshire Pudding -o0o- Crispy Breaded Garlic Mushrooms	Lasagne -o0o- Quorn Lasagne	Roast Beef -o0o- Vegetable Fajita	Crisp Battered Cod -o0o- Homemade Pizza
Vegetables	Boiled Rice Poppadoms Indian Side	<i>Mashed Potatoes</i> <i>Garden Peas &amp; Carrots</i> <i>Onion Gravy</i>	Garlic Bread Green Salad	Roast Potatoes Mixed Vegetables Roast Parsnips	Chipped Potatoes Spaghetti Hoops
Jacket Potatoes	Cheese, Tuna, Reduced Salt & Sugar Baked Beans – Green Salad				
Pasta	Chunky Tomato Sauce	Spicy Tomato Sauce	Tomato & Herb Sauce	Italian Tomato Sauce	Tomato & Basil Sauce
Desserts	Lemon Pancakes with Cream	Syrup Sponge with Custard	Chocolate Sponge with Chocolate Sauce	Banana Waffle with Cream	Creamy Rice Pudding with Jam

