

# LUNCH MENU

Week 1



**QUINTON  
HALL**  
JOHN LYON'S PREP SCHOOL

## MONDAY

Chicken & Broccoli Pasta Bake  
Sun-Dried Tomato & Roasted Red Pepper  
Frittata (V)  
Cheese & Onion Pasties (V)  
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Pasta bar with Tomato & Chilli (Ve)  
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Jollof Rice  
Grilled Tomatoes with Fresh Oregano  
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Peach Crumble with Custard

## TUESDAY

Lamb Shepherd's Pie  
Cauliflower Cheese with Crispy Breadcrumb  
Topping (V)  
Veggie Shepherd's Pie (Ve)  
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Pasta bar with Three Cheese (V)  
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Peas  
Broccoli  
----  
Strawberry Cheesecake

## WEDNESDAY

Sticky Teriyaki Chicken  
Broccoli Stir Fry (Ve)  
Veggie Spring Rolls with Sweet  
Chilli Sauce (Ve)  
----  
Pasta bar with Basil & Parmesan Pesto (V)  
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Rice  
Green Beans  
----  
Upside-Down Pineapple Cake

## THURSDAY

Toad in the Hole (Pork)  
Baked Haddock with Honey & Mustard Sauce  
Veggie Toad in the Hole (V)  
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Pasta bar with Tomato & Roasted Red Pepper  
(Ve)  
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Roast Potatoes  
Roasted Mushrooms  
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Chocolate Yoghurt Pots

## FRIDAY

Giant Fish Fingers with Lemon Aioli  
Hotdogs with American Mustard  
Vegan Hotdogs (Ve)  
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Chips  
Baked Beans  
Peas  
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Jam Doughnuts

## EVERY DAY

FRESH FRUIT  
SOUP OF THE DAY  
SALAD: Tomatoes, Cucumber, Sliced  
Peppers, Lettuce, Grated Carrot  
JACKET POTATOES: halves with Grated  
Cheese, Tuna, Baked Beans  
SIDES: Plain Pasta, Plain Wraps or Slices of  
Fresh Bread and Butter

*Vegetarian dishes and desserts will either be garlic/onion/  
egg-free or have a garlic/onion/egg-free version available*