

Senior school w/c 19/04, 09/05, 06/06, 27/06, 18/07

Lunch Menu: Week 1 Summer Term

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jerk Chicken (Halal) Rice & Peas Griddled Pineapple</p>	<p>Spiced Lamb or Shawarma chicken</p> <p>Kebab (Halal) In Flatbread</p> <p>Halloumi (v) Flat bread with yoghurt mint & sweet chilli</p>	<p>Hog Roast Pork Bun</p> <p>Sage & onion Quorn fillet (v) Apple sauce, stuffing & gravy</p>	<p>Cumberland Sausage & Mash</p> <p>Vegan Sausage (v*) suitable non-pork Red onion gravy</p>	<p>Fish 'n' Chip Cone Tartar sauce, Ketchup & Lemon</p> <p>Margherita Pizza Tomato & Mozzarella</p>
<p>Fruity Caribbean curry with Sweet potato (v*) complimentary salad bar</p>	<p>Roasted Mediterranean Vegetables complimentary salad bar</p>	<p>Kara Maize topped bun Apple sauce & stuffing or BBQ</p>	<p>Broccoli Baked Beans or Gravy</p>	<p>Mushy Peas Cherry Tomato & Rocket Salad complimentary salad bar</p>
<p>Red, Gold & Green Beans</p>	<p>Chilli, Lemon Slaw</p>	<p>Rosemary Wedges</p>	<p>Mashed Potato</p>	<p>Chunky Chips</p>

<ul style="list-style-type: none"> ● Signature Wraps made to order ● RPS Paninis ● Chicken Flatbreads 	<ul style="list-style-type: none"> ● Signature Wraps made to order ● RPS Paninis ● Chicken Flatbreads 	<ul style="list-style-type: none"> ● Signature Wraps made to order ● RPS Paninis ● Chicken Flatbreads 	<ul style="list-style-type: none"> ● Signature Wraps made to order ● RPS Paninis ● Chicken Flatbreads 	<ul style="list-style-type: none"> ● Signature Wraps made to order ● RPS Paninis ● Chicken Flatbreads
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<p>Jacket Potato ½ or whole</p> <p>Baked Beans (v*)</p> <p>Cheese (v)</p>	<p>Jacket Potato ½ or whole</p> <p>Baked Beans (v*)</p> <p>Cheese (v)</p>	<p>Jacket Potato ½ or whole</p> <p>Baked Beans (v*)</p> <p>Cheese (v)</p> <p>Tuna Mayonnaise</p>	<p>Jacket Potato ½ or whole</p> <p>Baked Beans (v*)</p> <p>Cheese (v)</p>	<p>Jacket Potato ½ or whole</p> <p>Baked Beans (v*)</p> <p>Cheese (v)</p>
<p>Penne Pasta</p> <p>Beef Bolognaise (Halal)</p> <p>Tomato & Basil sauce (v*)</p>	<p>Wholegrain Fusilli Pasta</p> <p>Pork Meatballs (Arrabbiata or BBQ)</p> <p>Pesto Pasta (v)</p>	<p>Plain Pasta</p> <p>Beef Bolognaise (Halal)</p> <p>Macaroni Cheese (v)</p>	<p>Tri Colour Pasta</p> <p>Tomato Oregano sauce(v*)</p> <p>Special</p> <p>Bang, Bang Chicken Noodles (Halal no nuts)</p>	<p>Wholegrain Penne</p> <p>Pork Meatballs</p> <p>Arrabbiata sauce</p> <p>Pasta Bake (v)</p>
<p>Wholegrain Rice mix</p> <p>Chicken Tikka (Halal)</p> <p>Or</p> <p>Vegetable Korma(v)</p>	<p>Wholegrain Rice mix</p> <p>Chicken & Vegetable Korma (Halal)</p>	<p>Wholegrain Rice mix</p> <p>Egg Noodles</p> <p>Sweet & Sour chicken (Halal)</p>	<p>Wholegrain Rice mix</p> <p>Beef chilli Nachos (Halal)</p> <p>Bean chilli Nachos</p>	<p>Wholegrain Rice mix</p> <p>Thai Red Coconut Curry (Halal)</p>

Senior school w/c 25/04, 16/05, 13/06,04/07

Lunch Menu: Week 2 Summer Term

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prawn & Chicken Sweet & Sour Stir Fry with Spring onions & sesame (Halal)</p> <p>Oriental Vegetable Egg Noodles (v)</p>	<p>Chicken Balti Curry Rice pilaf & Naan (Halal)</p> <p>Falafel with roasted red peppers (v) Mint Yoghurt</p> <p>complimentary salad bar</p>	<p>Honey Mustard Roast Ham Gluten Free gravy (v)</p> <p>Veggie Loaf (v)</p> <p>complimentary salad bar</p>	<p>Katsu Breaded Chicken (Halal) Katsu curry sauce</p> <p>Open top Veggie Lasagne (V*) Ratatouille Vegetables topped with mozzarella</p> <p>complimentary salad bar</p>	<p>The 'RPS Burger' Halal Beef Burger served in a bun with lettuce, cheese & home-made burger sauce!</p> <p>Veggie Burger Vegan Mayo, Pickle & burger set salad</p>
<p>Steamed Pak Choi</p>	<p>Mango Chutney Mint Yoghurt</p>	<p>Carrots Savoy Cabbage</p>	<p>Sugar snap Peas Broccoli with Nigella seeds</p>	<p>Red Onion Beef Tomato & Kos Lettuce</p>
<p>Prawn Crackers</p>	<p>Naan and Rice</p>	<p>Roast potatoes</p>	<p>Coconut Rice</p>	<p>Mixed Sweet potato Fries</p>
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<p>Penne Pasta</p> <p>Beef Bolognaise (Halal)</p> <p>Tomato & Basil sauce (V*)</p>	<p>Wholegrain Fusilli Pasta</p> <p>Pork Meatballs Marinara or BBQ</p> <p>Mac Cheese (V)</p>	<p>Tri Colour Pasta</p> <p>Beef Bolognaise (Halal)</p> <p>Green Pesto Pasta (V)</p>	<p>Penne Pasta</p> <p>Tuna, Sweetcorn Pasta</p> <p>Tomato Arrabbiata Pasta sauce (V*)</p>	<p>Wholegrain Penne</p> <p>Quorn Mince Bolognaise (v)</p> <p>Red Pesto Pasta (v)</p>
<p>Wholegrain Rice mix</p> <p>Chicken Tikka Curry (Halal)</p> <p>Or</p> <p>Vegetable Korma (v)</p>	<p>Wholegrain Rice mix</p> <p>Beef Chilli (Halal)</p> <p>Tortilla Chips</p>	<p>Wholegrain Rice mix</p> <p>Chicken Hoisin with spring onion Bao Bun (Halal)</p>	<p><u>Jambalaya</u></p> <p>Chicken & Chorizo rice dish with Cajun spices</p>	<p>Wholegrain Rice mix</p> <p>Firecracker Chicken Wings (Halal)</p>

Senior school w/c 02/05, 23/05, 20/06, 11/07

Lunch Menu: Week 3 Summer Term

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chilli Dog! Halal chicken sausage with Chilli Beef</p> <p>BBQ Jackfruit in a hot dog bun (v*)</p>	<p>Chicken Fajita (Halal) Seasoned chicken strips sautéed with peppers & onions</p> <p>Five Bean Chilli Burrito (v*)</p>	<p>Pie & Mash (Halal) Creamy Chicken & Vegetable Gluten Free Gravy (v)</p> <p>Vegetable Lattice</p>	<p>Butchers Beef Meatballs (Halal) Rich Tomato Sauce Penne Pasta</p> <p>Aubergine Parmigiana (v)</p>	<p>Fish Finger Sandwich served in flat bread with Asian Slaw & a choice of sauce</p> <p>Summer Quiche (v) Chips & salad</p>
<p>Corn On The Cob complimentary salad bar</p>	<p>Guacamole, Sour cream, Tomato salsa & Jalapenos shredded iceberg, grated cheese</p>	<p>Carrots complimentary salad bar</p>	<p>Broccoli complimentary salad bar</p>	<p>Garden Peas Asian Slaw complimentary salad bar</p>
<p>Red Cabbage Coleslaw</p>	<p>Turmeric Rice</p>	<p>Skin on Mash</p>	<p>Garlic Slice Grated Cheese</p>	<p>Skin on chips</p>
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<p>Penne Pasta</p> <p>BBQ Pork meatballs</p> <p>Tomato & Basil sauce (V*)</p>	<p>Wholegrain Fusilli Pasta</p> <p>Chicken Parmigiana (Halal)</p>	<p>Wholegrain Penne</p> <p>Beef Bolognese (Halal)</p> <p>Tomato Basil sauce(v)</p>	<p>Tri Colour Pasta</p> <p>Macaroni Cheese (V)</p> <p>Pesto Pasta (V)</p>	<p>Wholegrain Penne</p> <p>Beef Bolognese (Halal)</p> <p>Tomato Pasta Bake (v)</p>
<p>Wholegrain Rice mix</p> <p>Chicken Tikka Curry (Halal)</p> <p>Or</p> <p>Vegetable Korma (v)</p>	<p>Wholegrain Rice mix</p> <p>Nacho Chips</p> <p>Chilli con carne with cheese</p> <p>(Halal)</p>	<p>Wholegrain Rice mix</p> <p>Chicken Madras (Halal)</p>	<p>Wholegrain Rice mix</p> <p>Chicken Katsu</p> <p>Curry (Halal)</p>	<p>Jollof Rice with Chicken (Halal)</p>

