

Norwich School Senior Menu - Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|---|---|---|---|
| Soup Station | Freshly made soup of the day served with homemade bread and toppings | Freshly made soup of the day served with homemade bread and toppings | Freshly made soup of the day served with homemade bread and toppings | Freshly made soup of the day served with homemade bread and toppings | Freshly made soup of the day served with homemade bread and toppings |
| Dish of the Day | Garlic and Herb Chicken Breast with Lemon | Katsu Chicken with Katsu Curry Sauce | Roast Beef, Yorkshire Pudding, Horseradish Sauce and Gravy | Pork Sausages with Red Onion Gravy | Cod Fish Fingers with Tartare Sauce and Lemon |
| Vegetarian/ Vegan | Garlic and Herb Quorn Fillet with Lemon | Katsu Cauliflower with Katsu Curry Sauce | Goats Cheese & Caramelised Onion Tart, Yorkshire pudding | Vegetarian Sausages with Red Onon Gravy | Grilled Halloumi with Sweet Chilli Sauce |
| Dish of the Day Sides | Herby New Potatoes | Steamed Rice | Roast New Potatoes | Buttery Mash with Rosemary | Chips |
| | Broccoli and Sweetcorn | Pickled Mouli and Carrots, Red Cabbage with Chilli | Batton Carrots and Creamy Leeks | Peas and Broccoli | Baked Beans and Petit Pois |
| Street Food | Beef, Peppers and Mushroom Stir Fry with Sweet Soy Sauce | Braised Pork, Spring Onion and Pineapple in Sweet Chilli | Crispy Salmon Cake with Lemon | Thai Chicken Massaman Curry | Beef and Lentil Bolognese |
| Vegetarian/ Vegan | Tofu, Peppers and Mushroom Stir fry with Sweet Soy Sauce | Vegan 'Chicken' with Spring Onion and Pineapple in Sweet Chilli | Vegan Fish Fillet with Lemon | Thai Massaman Tofu Curry | Mediterranean Vegetable and Lentil Bolognese |
| Street Food Sides | Steamed Rice with Peas | Noodles with Bean Sprouts | Creamy Leeks and Sweetcorn | Noodles with Pak Choi | Pasta and Garlic Bread |
| | Prawn Crackers | Glazed Baby Corn with Coriander | Steamed Rice | Shrimp Crackers | Medley of Greens with Peas |
| Pasta/ Jacket Bar | Baked sweet/local potatoes or pasta depending on main course | Baked sweet/local potatoes or pasta depending on main course | Baked sweet/local potatoes or pasta depending on main course | Baked sweet/local potatoes or pasta depending on main course | Baked sweet/local potatoes or pasta depending on main course |
| Hot Filling | Baked beans, cheese, freshly made pasta sauce of the day and roasted tomato and herb sauce | Baked beans, cheese, freshly made pasta sauce of the day and roasted tomato and herb sauce | Baked beans, cheese, freshly made pasta sauce of the day and roasted tomato and herb sauce | Baked beans, cheese, freshly made pasta sauce of the day and roasted tomato and herb sauce | Baked beans, cheese, freshly made pasta sauce of the day and roasted tomato and herb sauce |
| Dessert | Lemon Drizzle and Blueberry Slice | Chocolate Fridge Cake | Banana and Strawberry Marble Cake | Carrot and Cinnamon Cake with Frosting | Chocolate Sponge with Chocolate sauce |
| Everyday Extras/ Salad Bar | Selection of superfood salads, fresh cut selection of melons and pineapple, selection of whole fruit, yoghurt and jellies, cold pot dessert | Selection of superfood salads, fresh cut selection of melons and pineapple, selection of whole fruit, yoghurt and jellies, cold pot dessert | Selection of superfood salads, fresh cut selection of melons and pineapple, selection of whole fruit, yoghurt and jellies, cold pot dessert | Selection of superfood salads, fresh cut selection of melons and pineapple, selection of whole fruit, yoghurt and jellies, cold pot dessert | Selection of superfood salads, fresh cut selection of melons and pineapple, selection of whole fruit, yoghurt and jellies, cold pot dessert |