

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	Chicken gremolata with peppercorn sauce	Tex Mex beef and red lentil chilli with sour cream	Roast loin of pork, Yorkshire pudding, apple sauce and gravy	Tandoori style chicken with sambal	Texan beef burger with cheese, lettuce, tomato and burger sauce
Vegetarian/Vegan	Quorn gremolata with peppercorn sauce	Tex Mex bean and lentil chilli with sour cream	Cheddar, red onion and pepper frittata	Tandoori style Quorn with sambal	Vegan burger with lettuce, tomato and burger sauce
Dish of the Day Sides	Carrots and peas	Corn on the cob and broccol	Roast new potatoes	Patatas bravas	Chips
	Herby new potatoes	Lime and coriander rice	Roasted carrots and white cabbage	Roasted cumin cauliflower with minted yoghurt	Coleslaw and BBQ beans
Street Food	Masala fish with curry sauce	Braised pork and pineapple in sweet soy with spring onion	Thai green chicken curry with steamed rice	Gnocchi with olives, spinach, peppers with tomato sauce and pesto	Pork, chicken and prawn nasi goreng
Vegetarian/Vegan	Masala Quorn fillet with curry sauce	Braised vegan 'chicken' and pineapple in sweet soy with spring onion	Thai green tofu curry with steamed rice	Gnocchi with olives, spinach, peppers with tomato sauce and pesto	Mushroom and vegetable nasi goreng
Street Food Sides	Mango chutney and pickled green beans	Mange tout and snow peas	Stir fried corn and broccoli	Garlic bread	Gado gado
	Steamed fragrant rice	Noodles	Prawn crackers	Green beans and peas	Crispy fried onions
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	Fruit cocktail cake	Strawberry flapjack	Party cake	Apple and cinnamon oat crumble with custard	Coconut and apricot lamington
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