Norwich School Senior Menu - Week 1

	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 New Yorker with Bacon, Mushrooms and Cheese	Korean BBQ Pulled Pork Bap	Poached Lamb with Rosemary and Thyme Gravy	Beef and Kidney Bean Chilli with Sour Cream and Nachos	Hot and Spicy Chicken Burger with Lettuce, Tomato and Garlic Mayonnaise
Vegetarian/ Vegan	Quorn New Yorker Fillet with Mushrooms and Cheese	Korean BBQ Pulled Jackfruit Bap	No-Nut Lentil and Vegetable Roast with Rosemary and Thyme Gravy	Five Bean and Red Lentil Chilli with Sour Cream and Nachos	Vegan Burger with Lettuce, Tomato and Garlic Mayonnaise
Dish of the Day Sides	Sweetcorn and Peas	Corn on the Cob and Sweet Potato Fries	Roasted Potatoes	Tex Mex Rice	Skin on Fries
	New Potatoes	Sweetcorn Salsa	Roasted Carrots and Minted Peas	Medley of Sweetcorn and Peppers	Coleslaw and Baked Beans
Street Food	Three Cheese, Leek and Onion Macaroni	Beef, Baby Corn, Onion and Mushroom Stir-fry with Plum Sauce	Pork Pad Krow Po with Egg	Gnocchi with Olives, Spinach and Sun Blushed Tomatoes in a Creamy Pesto Sauce	Seafood and Chorizo Jambalaya
Vegetarian/ Vegan	Three Cheese, Leek and Onion Macaroni	Tofu, Baby Corn, Onion and Mushroom Stir-fry with Plum Sauce	Quorn Pad Krow Pow with Egg	Gnocchi with Olives, Spinach and Sun Blushed Tomatoes in a Creamy Pesto Sauce	Vegan 'Chicken' Jambalaya
Street Food Sides	Garlic Bread	Chow Mein Noodles with Bean Sprouts and Mange Tout	Steamed Rice	Garlic Bread	Fresh Sambal of Red Onion, Jalapeno and Tomato with Coriander
	Broccoli	Prawn Crackers	Mange Tout and Sugar Snaps	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	Chocolate and Beetroot Fudge Cake	Strawberry Sprinkle and Vanilla Slice	Chocolate Oaty	Syrup Sponge with Custard	Sweet Belgium Waffles with Banana, Maple and Cream
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

Norwich School Senior Menu - Week 2

	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	Katsu Chicken with Katsu Curry Sauce	Traditional Pork Sausages with a Roasted Onion and Herb Gravy	Roast Turkey, Yorkshire Pudding, Cranberry Sauce and Gravy	Korean Honey Glazed Crispy Chicken	Pepperoni Pizza
Vegetarian/ Vegan	Katsu Cauliflower with Katsu Curry Sauce	Vegetarian Sausages with a Roasted Onion and Herb Gravy	Brie, Roasted Pepper and Red Onion Pastry Tart with Cranberry Sauce	Korean Honey Glazed Crispy Tofu	Margherita Pizza
Dish of the Day Sides	Steamed Rice	Potato, Carrot and Swede Mash	Roasted Potatoes	Broccoli and Sweetcorn	Chips
	Pickled Cucumber and Carrots, White Cabbage with Chilli	Buttered Spring Greens	Roasted Carrots and Braised White Cabbage	Steamed Rice with Crispy Onions and Scallions	Baked Beans and Corn on the Cob
Street Food	Pork and Vegetable Stir-Fry	Beef, Potato and Carrot Massaman Curry with Crispy Onions	Thai Green Chicken with Baby Corn and Peppers	Pork Strips in No-Nut Satay Sauce	Beef and Lentil Bolognese
Vegetarian/ Vegan	Tofu and Vegetable Stir-Fry	Quorn, Sweet Potato and Aubergine Massaman Curry	Thai Green Tofu with Baby Corn, Green Beans and Peppers	No-Nut Style 'Vegan Chicken' in Satay Sauce	Mediterranean Vegetable and Lentil Bolognese
Street Food Sides	Noodles with Bean Sprouts	Flat Rice Noodles	Five Spice Rice	Steamed Noodles	Pasta and Garlic Bread
	Green Beans and Sweetcorn	Gado Gado	Prawn Crackers	Stir-Fried Baby Corn and Bean Sprouts with Carrots and Mangetout	Medley of Greens
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	Toffee Cake	Spiced Fruity Oaty Bar	Rhubarb and Stem Ginger Blondie	Lemoncurd Cheesecake	Cookies and Cream
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

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	Beef and Red Lentil Lasagne	Jerk Chicken	Roast Pork with Apple Sauce, Yorkshire Pudding and Gravy	Mango and Lime Chicken with Pickled Red Onions	Beef Burger with Cheese, Lettuce, Tomato and Burger Sauce
Vegetarian/ Vegan	Vegetable and Butterbean Lasagne	Jerk Quorn Fillet	Stuffed Pepper with Lentil and Vegetables	Mango and Lime Halloumi with Pickled Red Onions	Veggie Burger with Cheese, Lettuce, Tomato and Burger Sauce
Dish of the Day Sides	Broccoli and Peas	Rice and Peas	Roast Potatoes	Potato Wedges	Coleslaw and BBQ Beans
	Garlic Bread	Spiced Corn on the Cob and Cabbage	Leeks and Carrots	Macho Peas and Sweetcorns	Chips
Street Food	Chicken Rogan Josh	Garlic and Ginger Pork Stir-Fry with Spring Onions and Peppers	Mongolian Beef and Spring Onions	Sweet and Sour Pork with Pineapple	Chicken, Egg and Mushroom Special Fried Rice
Vegetarian/ Vegan	Quorn Rogan Josh	Garlic and Ginger Tofu Stir-Fry with Spring Onions and Peppers	Mongolian Tofu and Spring Onions	Sweet and Sour Plant-Based 'Chicken'	Mushroom, Vegetable and Egg Special Fried Rice
Street Food Sides	Poppadom and Pilau Rice	Noodles with Bean Sprouts	Steamed Rice	Chow Mein Noodles with Bean Sprouts and Chinese Cabbae	Crispy Onions
	Cumin Carrots, Mango Chutney	Prawn Crackers, Asian Slaw with Mange Tout	Peas with Chilli, Lime and Coriander	Soy Glazed Vegetable Medley	Prawn Crackers
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	Chocolate and Orange Brownie	Classic Sticky Date and Toffee Pudding	Seasonal Fruit Salad	Peach and Vanilla Granola Crumble with Custard	Biscoff Flapjack
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