



WGHS Senior School Spring Term Lunch Menu

Week 1 – weeks commencing 4/1, 30/1, 5/3

Traditional & International Meals

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Bourguignon & Wild Rice	Pork Jalfrezi & Naan Bread	Salmon Fishcake, Sweet Chilli Sauce	Chicken Burrito & Salsa Sauce	Chilli Con Carne & Rice
Pasta Carbonara	Chicken & Leek Pie	Pasta & Basil Bolognaise	Lancashire Hotpot	Oven Baked Battered Fish
(V) Vegetable & Pasta Bake	(V) Lentil & Bean Jalfrezi, Naan Bread	(V) Veggie Bolognaise	(V) Quorn Vegetable Burrito	(V) Veggie Mince Chilli & Rice
New Potatoes	Creamed Potatoes	Sauté Potatoes	Creamed Potatoes	Chipped Potatoes
Cauliflower Florets Garden Peas	Sliced carrots Green Beans	Broccoli Florets Parsnips	Braised Red Cabbage Mixed Vegetables	Mushy Peas Baked Beans

Salads & Sandwiches

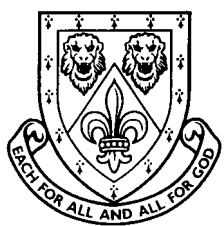
Throughout the term the following are available:
Jacket Potato with a choice of fillings
Assortment Wraps or Sandwiches using a Selection of Breads
Soup & Roll

SALAD COUNTER, Available Daily, Individually Prepared Salads

Upstairs & Downstairs Dining Room

Available daily: Fresh Fruit, Yoghurt or Cheese and Biscuits

Chocolate Sponge & Chocolate Sauce	Apple Pie & Custard	Steamed Lemon Sponge & Custard	Rhubarb Crumble & Custard	Spotted Dick & Custard
Fresh Fruit Salad	Assorted Muffins	Chocolate Brownie	Jam Turnover	Carrot Cake
Assorted Biscuits	Swiss Roll	Strawberry Mousse	Assorted Cookies	Peach Melba



WGHS Senior School Spring Term Lunch Menu

Week 2 – weeks commencing 9/1, 6/2, 12/3

Traditional & International Meals				
Monday	Tuesday	Wednesday	Thursday	Friday
Cod & Tuna Fishcake, Parsley Sauce Minced Beef Enchilada (v) Vegetables & Lentil Bake Saute Potatoes Peas Carrots	Pork Madras & Rice Roast Chicken Pie (v) Quorn & Vegetable Balti & Rice Creamed Potatoes Broccoli Mixed Vegetables	Penne Rigate with Salmon in a Creamy Sauce Beef Stew & Herb Dumpling (v) Pasta Bake Parsley Potatoes Red Cabbage Sweetcorn	Meat Feast Pizza Chicken Jalfrezi & Savoury Rice (V) Cheese & Pepper Pizza New Potatoes Spaghetti Hoops French Beans	Oven Baked Battered Fish Pasta Capalletti in Tomato & Basil Sauce (V) Pasta Capelletti Chips Baked Beans Mushy Peas
Salads & Sandwiches Throughout the term the following are available: Jacket Potato with a choice of fillings Assortment Wraps or Sandwiches using a Selection of Breads Soup & Roll SALAD COUNTER, Available Daily, Individually Prepared Salads				
Upstairs & Downstairs Dining Room Available daily: Fresh Fruit, Yoghurt or Cheese and Biscuits				
Treacle Sponge & Custard Fruit Cocktail Iced Swiss Roll	Raspberry & Blackberry Pie Custard Cornflake Bun Shortbread	Rice Pudding & Jam Sauce Lemon Cheese Cake Ginger Biscuit	Fruits of the Forest Crumble & Custard Cherry Scone & Butter Iced Buns	Chocolate Cake & Custard Fruit Flapjack Fruit Jelly & Cream



WGHS Senior School

Spring Term Lunch Menu

Week 3 – weeks commencing 16/1, 13/2, 19/3

Traditional & International Meals

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagne Florentine	Chicken Tikka Masala & Rice	Steak & Vegetable Pie	Oven Baked Battered Fish & Lemon Slice	Creamy Chicken & Mushroom Pie
Pork & Apple Sausages	Salmon & Asparagus Pasty	Portuguese Pork & Chorizo Stew	Meatballs in Saffron Sauce with Rice	Beef & Tomato Pasta Bake
(V) Veggie Mince Lasagne	(V) Mediterranean Vegetables Pasty	(V) Vegetables & Bean Pie	(V) Beans & Quorn in Saffron Sauce with Rice	(V) Veggie Mince & Tomato Pasta Bake
New Potatoes	Potato Wedges	Boiled Potatoes		
Sweetcorn Garden Peas	Mixed Vegetables Broccoli Spears	Carrots Braised Red Cabbage	Chips	Creamed Potatoes
			Mushy Peas Baked Beans	Buttered Cabbage Swede

Salads & Sandwiches

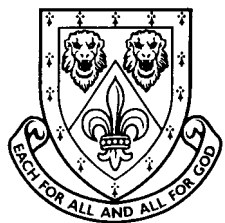
Throughout the term the following are available:
 Jacket Potato with a choice of fillings
 Assortment Wraps or Sandwiches using a Selection of Breads
 Soup & Roll

SALAD COUNTER, Available Daily, Individually Prepared Salads

Upstairs & Downstairs Dining Room

Available daily: Fresh Fruit, Yoghurt or Cheese and Biscuits

Jam Roly Poly & Custard	Chocolate Bread & Butter Pudding & Custard	Bramley Apple Crumble & Custard	Apricot Sponge & Custard	Rice Pudding & Jam
Assorted Biscuits	Crispy Bun	Doughnut	Cherry Flapjack	Fruit Jelly
Fruit Salad	Lemon Cheesecake	Jam Scone	Chocolate Shortbread	Butterfly Buns



WGHS Senior School Spring Term Lunch Menu

Week 4 – weeks commencing 16/1, 13/2, 19/3

Traditional & International Meals				
Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese & Garlic Bread Chicken Biryani (v) Quorn Biryani Creamed Potatoes Mixed Vegetables Broccoli Florets	Oven Baked Battered Fish Cornish Pasty (V) Homemade Cheese Pasty Chips Mushy Peas Baked Beans	Roast Pork & Seasoning Cumbrian Tattie Hotpot (v) Beans, Lentils & Vegetable Hotpot Roast Potatoes Carrots Brussels Sprouts	Sweet n Sour Chicken & Rice Shepherds Pie (v) Sweet n Sour Quorn & Rice Creamed Potatoes Savoy Cabbage Sweetcorn	Spicy Beef & Mozzarella Pizza Stuffed Cod wrapped in Parma Ham (v) Veggie Pizza New Potatoes Garden Peas Cauliflower
Salads & Sandwiches Throughout the term the following are available: Jacket Potato with a choice of fillings Assortment Wraps or Sandwiches using a Selection of Breads Soup & Roll SALAD COUNTER, Available Daily, Individually Prepared Salads Upstairs & Downstairs Dining Room Available daily, Fresh Fruit, Yoghurt or Cheese and Biscuits				
Red Cherry Sponge & Custard Fruity Shortbread Butterscotch Mousse	Strawberry Jam Slice Custard Fruit Scone & Butter Fruit Cocktail	Blackberry Crumble & Custard Ice Cream Blueberry Muffins	Lemon Suet Pudding & Custard Australian Flapjack Oat & Raisin Cookies	Baked Chocolate Sponge & Chocolate Sauce Raspberry Mousse Marble Cake