



HENSINGHAM SCHOOL WEEK ONE

Freshly
made
every day!

DAY **CHOICE 1** **CHOICE 2** **CHOICE 3** **PUDDING**

Monday

Tuna and Tomato Pasta Bake served with Sweetcorn or Mixed Salad

Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with Mixed Salad

Kitchen Made Vegetable Soup served with a Soft Roll filled with Ham, Cheese, Tuna or Egg

Peach Slices and Custard or Fruit Yoghurt or Fresh Fruit

Tuesday

Minced Beef and Dumplings served with Mashed Potatoes, Cabbage and Carrots

Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with Mixed Salad

Kitchen Made Vegetable Soup served with a Soft Roll filled with Ham, Cheese, Tuna or Egg

Iced Chocolate Sponge or Fruit Yoghurt or Fresh Fruit

Wednesday

Creamy Chicken Korma served with Brown Rice, Broccoli and Mixed Salad

Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with Mixed Salad

Kitchen Made Vegetable Soup served with a Soft Roll filled with Ham, Cheese, Tuna or Egg

Ice Cream Roll and Fruit Cocktail or Fruit Yoghurt or Fresh Fruit

Thursday

Kitchen Made Sausage Roll served with Creamed Potatoes, Carrots and Green Beans

Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with Mixed Salad

Kitchen Made Vegetable Soup served with a Soft Roll filled with Ham, Cheese, Tuna or Egg

Kitchen made Apricot Flapjack or Fruit Yoghurt or Fresh Fruit

Friday

Fish Fingers served with Chips, Peas and Tomato Ketchup

Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with Mixed Salad

Kitchen Made Vegetable Soup served with a Soft Roll filled with Ham, Cheese, Tuna or Egg

Creamy Rice Pudding with Sultanas or Fruit Yoghurt or Fresh Fruit

Available Daily: Fresh Fruit and Bread!

If you have any questions about food allergens please speak to the kitchen team who will be happy to help





HENSINGHAM SCHOOL WEEK TWO



DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Cheese and Tomato Pizza served with Baked Beans and Coleslaw	Oven Baked Jacket Potato with choice of Cheese, Tuna or Beans served with Mixed Salad	Kitchen Made Vegetable Soup served with a Soft Roll filled with Ham, Cheese, Tuna or Egg	Kitchen Made Shortbread and Custard or Fruit Yoghurt or Fresh Fruit
Tuesday	Mild Chilli Con Carne served with Brown Rice, Sweetcorn and Mixed Salad	Oven Baked Jacket Potato with choice of Cheese, Tuna or Beans served with Mixed Salad	Kitchen Made Vegetable Soup served with a Soft Roll filled with Ham, Cheese, Tuna or Egg	Jelly and Mandarins or Fruit Yoghurt or Fresh Fruit
Wednesday	Lasagne served with Garlic Bread, Mixed Vegetables and Mixed Salad	Oven Baked Jacket Potato with choice of Cheese, Tuna or Beans served with Mixed Salad	Kitchen Made Vegetable Soup served with a Soft Roll filled with Ham, Cheese, Tuna or Egg	Pears and Chocolate Sauce or Fruit Yoghurt or Fresh Fruit
Thursday	Meatballs in Gravy or a Tomato Sauce served with Pasta, Carrots and Green Beans	Oven Baked Jacket Potato with choice of Cheese, Tuna or Beans served with Mixed Salad	Kitchen Made Vegetable Soup served with a Soft Roll filled with Ham, Cheese, Tuna or Egg	Kitchen made Date Cookie with a Hot Chocolate Drink or Fruit Yoghurt or Fresh Fruit
Friday	Salmon Fishcake served with Chips, Peas and Tomato Ketchup	Oven Baked Jacket Potato with choice of Cheese, Tuna or Beans served with Mixed Salad	Kitchen Made Vegetable Soup served with a Soft Roll filled with Ham, Cheese, Tuna or Egg	Forest Fruit Muffin or Fruit Yoghurt or Fresh Fruit

Available Daily: Fresh Fruit and Bread!



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HENSINGHAM SCHOOL WEEK THREE



DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Macaroni Cheese & Bacon served with Sweetcorn and Mixed Salad	Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with Mixed Salad	Kitchen Made Vegetable Soup served with Soft Roll filled with Ham, Cheese, Tuna or Egg	Kitchen Made Iced Sponge or Fruit Yoghurt or Fresh Fruit
Tuesday	Sausages served with Mashed Potatoes, Broccoli and Carrots	Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with Mixed Salad	Kitchen Made Vegetable Soup served with Soft Roll filled with Ham, Cheese, Tuna or Egg	Fresh Fruit Salad and Ice Cream or Fruit Yoghurt or Fresh Fruit
Wednesday	Roast Beef & Yorkshire Pudding served with Roast and Boiled Potatoes, Baby Carrots, Savoy Cabbage and Gravy	Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with Mixed Salad	Kitchen Made Vegetable Soup served with Soft Roll filled with Ham, Cheese, Tuna or Egg	Kitchen Made Golden Krispie with a Milk Drink or Fruit Yoghurt or Fresh Fruit
Thursday	Chicken Tikka Masala served with Brown Rice and Peas	Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with Mixed Salad	Kitchen Made Vegetable Soup served with Soft Roll filled with Ham, Cheese, Tuna or Egg	Kitchen made Banana Fruit Cake or Fruit Yoghurt or Fresh Fruit
Friday	Cheese Flan served with Chips, Coleslaw and Baked Beans	Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with Mixed Salad	Kitchen Made Vegetable Soup served with Soft Roll filled with Ham, Cheese, Tuna or Egg	Australian Crunch or Fruit Yoghurt or Fresh Fruit

Available Daily: Fresh Fruit and Bread!

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HENSINGHAM SCHOOL WEEK FOUR



DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Beef Bolognese served with ½ a Petit Pain and Macedoine	Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with a Mixed Salad	Kitchen Made Vegetable Soup served with Soft Roll filled with Ham, Cheese, Tuna or Egg	Semolina and Jam or Fruit Yoghurt or Fresh Fruit
Tuesday	Kitchen Made Chicken and Sweetcorn Pie served with Green Beans	Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with a Mixed Salad	Kitchen Made Vegetable Soup served with Soft Roll filled with Ham, Cheese, Tuna or Egg	Cheese, Crackers and an Apple or Fruit Yoghurt or Fresh Fruit
Wednesday	Ham and Pineapple Pizza served with Baked Beans and Coleslaw	Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with a Mixed Salad	Kitchen Made Vegetable Soup served with Soft Roll filled with Ham, Cheese, Tuna or Egg	Chocolate Crunch and Chocolate Sauce or Fruit Yoghurt or Fresh Fruit
Thursday	Crispy Battered Chicken served with Cream Potatoes and Baby Carrots	Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with a Mixed Salad	Kitchen Made Vegetable Soup served with Soft Roll filled with Ham, Cheese, Tuna or Egg	Jelly, Peaches and Cream or Fruit Yoghurt or Fresh Fruit
Friday	Fish and Chips served with Peas and Tomato Ketchup	Oven Baked Jacket Potato with a choice of Cheese, Tuna or Beans served with a Mixed Salad	Kitchen Made Vegetable Soup served with Soft Roll filled with Ham, Cheese, Tuna or Egg	Kitchen Made Apple & Blackberry Crumble with Custard or Fruit Yoghurt or Fresh Fruit

Available Daily: Fresh Fruit and Bread!

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