



# PREP & SENIOR LUNCH MENU

## 3 WEEKLY CYCLE



Rydal Penrhos School lunch menu runs on a 3 weekly Cycle from the first day of term through to the end.

This Advent Term menu runs from 9 January to the 22 March

Each menu is Colour coded

Week 1 is Pink

Week 2 is Orange

Week 3 is Green

There may be a half term change as required  
All allergens catered for and checked by Allergen champions.

FOUNDED IN 1997

**HOLROYD HOWE**

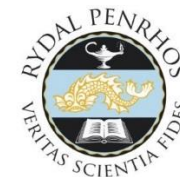
FEEDING INDEPENDENT MINDS


















# SENIOR LUNCH

WEEK 1



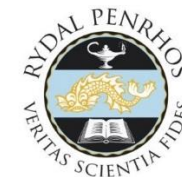
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b> 	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients
<b>Main course</b>	<b>Pasta Bolognaise</b> Garlic Bread 	<b>Chinese Chicken Balls</b> Curry Sauce Sweet Chilli & Soy Sauce	<b>Roast Pork</b> Sage and apricot stuffing 	<b>Theme Day Thursday</b>	<b>Battered Fish</b> Tartare Sauce 
<b>VEGETARIAN Main course</b> 	<b>Roast Vegetable and Tomato Tofu</b>	<b>Quorn Balls</b> Curry sauce Sweet Chilli & Soy sauce  	<b>Vegetable &amp; Lentil Roast</b>  	<b>Theme Day Thursday</b> 	<b>Battered halloumi</b>
<b>Vegetables</b> 	Carrot Sweetcorn	Steamed rice Cauliflower stem broccoli	Roast Potatoes Roast carrot & Parsnip Sugar snap	<b>Theme Day Thursday</b>	Chunky chips peas Beans Chip shop curry sauce
<b>Jacket Potatoes, Pasta &amp; Noodles</b>	Crispy Jacket Potato Baked Beans & Cheddar Cheese	Penne Pasta with Oregano & Tomato Sauce	Asian Noodles	<b>Theme Day Thursday</b>	Baked Sweet Potato Beans & Cheddar Cheese
<b>Dessert</b>	Apricot Syrup sponge, & Chocolate Sauce 	Flap jack & pineapple	Apple Crumble and custard 	<b>Theme Day Thursday</b>	Sticky Ginger cake
<b>Cold Desserts</b>	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots



















DAILY DISH TO ORDER AND SALAD BAR AVAILABLE



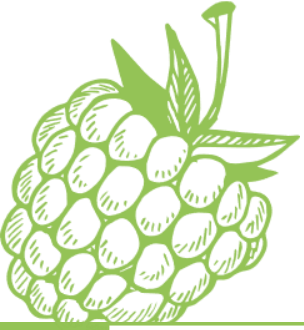
# SENIOR LUNCH

WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	 Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients
<b>Main course</b>	<b>Sausage Red Onion &amp; Gravy</b> 	<b>Italian Pork Meatballs Marinara Garlic &amp; Rosemary Focaccia</b> 	<b>Mince Beef &amp; onion Pie</b> 	<b>Moroccan Chicken Spiced Sauce</b>	 <b>Fish fingers</b>
<b>VEGETARIAN Main course</b>	 <b>Quorn Sausage</b> 	 <b>Vegan Meatballs</b> 	 <b>Roast Lentil &amp; sweet potato Pie</b> 	 <b>Pumpkin, Cranberry and Red onion Tagine</b> 	 <b>Vegan fish fingers</b> 
<b>Vegetables</b>	Mash potato Peas Carrots	Pasta Roast Butternut Squash broccoli	Smashed Potatoes Carrot & Swede Mash Creamed cabbage	Rice Roast Vegetables Green beans	Fries Garlic Crushed Peas Corn on cob
<b>Jacket Potatoes, Pasta And Noodles</b>	Sweet chilli Noodles	Crispy Jacket Potato Baked Beans & Cheese	pasta, spinach & basil pesto	Crispy Sweet Potato Jacket Baked Beans & Cheese	Asian Noodles
<b>Dessert</b>	Sticky toffee pudding Toffee sauce 	Brownie Mandarins 	Lemon Drizzle	Date Filled Cookies	 Old School cake & Peaches
<b>Cold Desserts</b>	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots












**DAILY DISH TO ORDER AND SALAD BAR AVAILABLE**



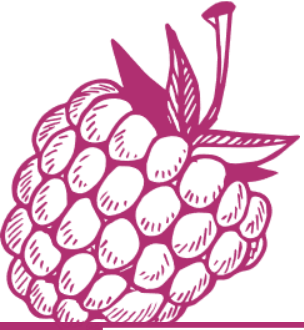
# SENIOR LUNCH

WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients
<b>Main course</b>	<b>Chilli Con Carne</b> 	<b>Brunch</b> 	<b>Pizza</b> 	<b>Thai Beef Stir fry</b>	<b>Sustainability Day</b> 
 <b>Main course</b>	 <b>Mixed Bean Chilli</b>	 <b>Veggie Brunch</b>	<b>Cheese &amp; Tomato Pizza</b>	<b>Vegetable and Tofu Stir Fry</b> 	
<b>Vegetables</b>	Chantenay Carrots Baked cauliflower	 Hash Brown Tomato Mushroom Baked Beans	Pasta Corn on cob Sugar snap	Rice Noodles Stem Broccoli Chinese Leaf	<b>FUTURE-PROOF FOOD</b>
<b>Jacket Potatoes Pasta &amp; noodles</b>	Jacket potato Beans cheese	Asian Noodles	Sweet potato Jacket Beans cheese	Roast vegetable Pasta	Crispy Jacket Potato Baked Beans & Cheddar Cheese
<b>Dessert</b>	Pear upside cake custard	Pumpkin Flapjack	Bluebrey blondie	 Thai sweet treat	Mini doughnuts Sauces and fruit
<b>Cold Desserts</b>	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots







DAILY DISH TO ORDER AND SALAD BAR AVAILABLE



# PREP LUNCH

WEEK 1

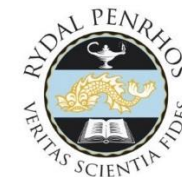














	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning snack</b>	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk
<b>Main course</b>	 <b>Pasta Bolognaise</b> Garlic Bread	<b>Chinese Chicken Balls</b> Curry Sauce Sweet Chilli & Soy Sauce	 <b>Roast Pork</b> Sage and Apricot stuffing	<b>Theme Day Thursday</b>	 <b>Battered Fish</b> Tartare Sauce
 <b>Main course</b>	<b>Roast Vegetable and</b> Tomato Tofu	 <b>Quorn Balls</b> Curry sauce Sweet Chilli & Soy sauce	 <b>Vegetable &amp;</b> Lentil Roast	<b>Theme Day Thursday</b>	<b>Battered halloumi</b>
<b>Vegetables</b>	Carrot Sweetcorn	Steamed rice Cauliflower stem broccoli	Roast Potatoes Green Beans Carrot	<b>Theme Day Thursday</b>	Chunky chips peas Beans Chip shop curry sauce
<b>Jacket Potatoes, Pasta &amp; Noodles</b>	Crispy Jacket Potato Baked Beans & Cheddar Cheese	Penne Pasta with Oregano & Tomato Sauce	Asian Noodles	<b>Theme Day Thursday</b>	Baked Sweet Potato Beans & Cheddar Cheese
<b>Dessert</b>	Apricot Syrup sponge, & Chocolate Sauce	Flap jack & pineapple	Apple Crumble and custard	<b>Theme Day Thursday</b>	Sticky Ginger cake
<b>Cold Desserts</b>	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots
<b>Afternoon snack during clubs</b>	Cheese cracker sandwich	Shortbread Biscuit	Fresh Fruit	Banana Bread	Flapjack
<b>Wrap Around tea</b>	Sausage Roll, Beans, Cut Orange, Dessert	Pasta tomato sauce, cut Melon, Dessert	Fish fingers, chips, Cut Grapes, Dessert	Pizza, salad, Cut Melon, Dessert	Chicken steak, Potato, Cut Melon, Dessert
	There will also be a Fresh Salad Bar, Fresh Hot Vegetables & Fresh Fruit available every day				



# PREP LUNCH

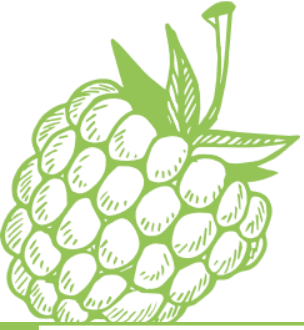
## WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning snack</b>	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk
<b>Main course</b>	 <b>Sausage Red Onion &amp; Gravy</b>	<b>Italian Pork Meatballs Marinara Garlic &amp; Rosemary Focaccia</b>	<b>Mince Beef &amp; onion Pie</b>	<b>Moroccan Chicken Spiced Sauce</b>	 <b>Fish fingers</b>
 <b>Main course</b>	 <b>Quorn Sausage</b> 	 <b>Vegan Meatballs</b> 	 <b>Roast Lentil &amp; sweet potato Pie</b> 	<b>Pumpkin, Cranberry and Red onion Tagine</b> 	<b>Vegan fish fingers</b> 
<b>Vegetables</b>	Mash potato Peas Carrots	Pasta Sweetcorn broccoli	Carrot Cauliflower	broccoli Green beans	Fries Peas Baked Beans
<b>Jacket Potatoes, Pasta And Noodles</b>	Sweet chilli Noodles	Crispy Jacket Potato Baked Beans & Cheese	pasta, spinach & basil pesto	Crispy Sweet Potato Jacket Baked Beans & Cheese	Asian Noodles
<b>Dessert</b>	Sticky toffee pudding Toffee sauce	Brownie Mandarins	Lemon Drizzle	Date Filled Cookies	 <b>Old School cake &amp; Peaches</b>
<b>Cold Desserts</b>	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots
<b>Afternoon snack during clubs</b>	Cheese cracker sandwich	Shortbread Biscuit	Fruit cup	Banana Bread	Flapjack
<b>Wrap around Tea</b>	Pizza, salad, Cut Orange, Dessert	Fish fingers, chips, cut Melon, Dessert	Cheese, Sweetcorn Pasta, Cut Grapes, Dessert	Chicken steak, Potato, Cut Melon, Dessert	Sausage Roll, Beans Cut Orange

There will also be a Fresh Salad Bar, Fresh Hot Vegetables & Fresh Fruit available every day

















# PREP LUNCH

WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning snack</b>	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk
<b>Main course</b>	<b>Chilli Con Carne</b> 	<b>Brunch</b> 	<b>Pizza</b> 	<b>Thai Beef Stir fry</b>	<b>Sustainable Day</b>
 <b>Main course</b>	 Mixed Bean Chilli	 <b>Veggie Brunch</b> 	<b>Cheese &amp; Tomato Pizza</b> 	<b>Vegetable &amp; Tofu Stir Fry</b> 	
<b>vegetables and sides</b>	Rice Chantenay Carrots cauliflower	Hash Brown Tomato Mushroom Baked Beans	Pasta Corn on cob Peas	Rice Noodles Stem Broccoli Green beans	<b>FUTURE-PROOF FOOD</b>
<b>Jacket Potatoes Pasta &amp; noodles</b>	Jacket potato Beans cheese	Asian Noodles	Sweet potato Jacket Beans cheese	Roast vegetable Pasta	Crispy Jacket Potato
<b>Dessert</b>	Pear upside cake custard	 Pumpkin Flapjack	Berry Blondie	Coconut and Mango cupcake	 Mini doughnuts Sauces & Fruit
<b>Cold Dessert</b>	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots
<b>Afternoon snack during clubs</b>	Cheese cracker sandwich	Shortbread Biscuit	Fruit bag	Banana Bread	Flapjack
<b>Wrap Around Tea</b>	Pizza, salad, Cut Orange, Dessert	Chicken steak, potato, cut Melon, Dessert	Sausage Roll, Beans, Cut Grapes, Dessert	Cheese, Sweetcorn, pasta, Cut Melon, Dessert	Fish fingers, chips, Cut Orange, Dessert
	There will also be a Fresh Salad Bar, Fresh Hot Vegetables & Fresh Fruit available every day				