



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 Trinity Term menu runs from 9th April to the 5th July

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



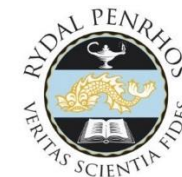
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup 	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients	Chef's Soup with Seasonal Market Ingredients
Main course	Spaghetti bolognaise  Dough Pillows	Assorted Pizzas	Roast of the Day  Apricot Stuffing	Chicken Tikka Masala	Battered Fish  Tartare Sauce
Main course 	Lentil Bolognaise	Vegetable Pizza  	Lentil Roast  	Quorn Tikka Masala 	Battered Vegetables and Sweet Chilli
Vegetables 	Carrot Green Beans	Sweet Potato Rustics Corn on the Cob Baked Cauliflower	Roast Potato Roast Parsnip Romanescue	Steamed Rice Stem Broccoli Cabbage and Pak Choi	Chunky chips peas Beans Chip shop curry sauce
Jacket Potatoes, Pasta & Noodles	Jacket Potato, Beans & Cheddar Cheese	Mushroom Pasta	Asian Noodles	Vegetable Pasta	Baked Potato Beans & Cheddar Cheese
Dessert 	Apricot Syrup Sponge, & Chocolate Custard	Smoothie Bar	Apple Pie and Ice Cream 	Squash Flapjack	Sticky Ginger cake
Cold Desserts	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



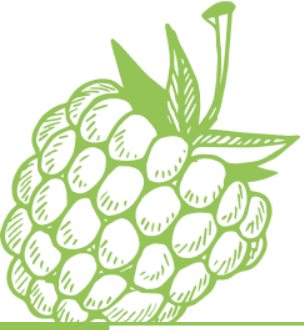
SENIOR LUNCH

WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	 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
Main course	Sausage Red Onion & Gravy 	Italian Pork Meatballs Marinara Garlic & Rosemary Focaccia 	Mince Beef & onion Pie 	Chicken fajitas	 Fish fingers
VEGETARIAN Main course	 Quorn Sausage 	 Vegan Meatballs 	 Roast Lentil & sweet potato Pie 	 Vegetable fajitas 	 Vegan fish fingers 
Vegetables	Mash potato Peas Carrots	Wholemeal Pasta Roast Butternut Squash broccoli	Smashed Potatoes Maple Roast Carrots Cauliflower Cheese	Rice Piri Sweet Potato Green beans	Fries Crushed Peas Corn on cob
Jacket Potatoes, Pasta And Noodles	Sweet chilli Noodles	Crispy Jacket Potato Baked Beans & Cheese	Squash and Spinach Pasta	Crispy Jacket Potato Baked Beans & Cheese	Asian Noodles
Dessert	Sticky toffee pudding Toffee sauce 	Brownie Mandarins 	Lemon Drizzle	Date Cookies	 Old School cake
Cold Desserts	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
Soup	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
Main course	Chilli Con Carne	Sticky Korean Chicken Soy, Garlic & Honey	Brunch	Schnitzel Mustard Cream Sauce	Theme Day
Main course	Mixed Bean Chilli	Sticky Korean Quorn	Veggie Brunch	Celeriac Schnitzel	Sustainable Friday
Vegetables	Rice Chantenay Carrots Baked cauliflower	Noodles Stem Broccoli Bok choy & Cabbage	Hash Brown Beans Mushroom Tomato	Bacon and Onion Potato Romanescue carrot	FUTURE-PROOF FOOD
Jacket Potatoes Pasta & noodles	Jacket potato Beans cheese	Vegetable Pasta	Asian Noodles	Mushroom Pasta	
Dessert	Pear & Chocolate cake Chocolate Sauce	Honey Buns	Blueberry blondie	Flapjack	Mini doughnuts
Cold Desserts	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

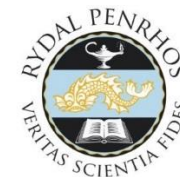















	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk
Main course	 Spaghetti Bolognaise Dough Pillows	Assorted Pizzas	Roast of the Day Apricot Stuffing 	Chicken Tikka Masala	 Battered Fish Tartare Sauce
 Main course	Lentil Spaghetti	 Vegetable Pizza 	 Lentil Roast 	Quorn Tikka Masala 	Battered halloumi
Vegetables	Carrot Green Beans	Sweet Potato Rustics Corn on the Cob Baked Cauliflower	Roast Potato Roast Parsnip Romanesque	Steamed Rice Stem Broccoli Cabbage and Pak Choi	Chunky chips peas Beans Chip shop curry sauce
Jacket Potatoes, Pasta & Noodles	Jacket Potato Beans & Cheddar Cheese	Mushroom Pasta	Asian Noodles	Vegetable Pasta	Baked Sweet Potato Beans & Cheddar Cheese
Dessert	Apricot Syrup sponge, & Chocolate Custard	Smoothie Bar	Apple Pie and Ice Cream 	Squash Flapjack	Sticky Ginger cake
Cold Desserts	Seasonal Fruit & Dessert  Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots
Afternoon snack during clubs	Cheese cracker sandwich	Shortbread Biscuit	Fresh Fruit	Banana Bread	Flapjack
Wrap Around tea	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				

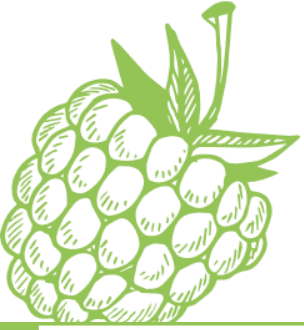


PREP LUNCH

WEEK 2




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk
Main course	 Sausage Red Onion & Gravy	Italian Pork Meatballs Marinara Garlic & Rosemary Focaccia	Mince Beef & onion Pie	Chicken Fajitas	 Fish fingers
 Main course	 Quorn Sausage 	 Vegan Meatballs 	 Roast Lentil & sweet potato Pie 	Vegetable & Bean Fajitas 	Vegan fish fingers 
Vegetables	Mash potato Peas Carrots	Pasta Sweetcorn broccoli	Smashed Potato Carrot Cauliflower	Rice broccoli Green beans	Fries Peas Baked Beans
Jacket Potatoes, Pasta And Noodles	Sweet chilli Noodles	Crispy Jacket Potato Baked Beans & Cheese	pasta, spinach & basil pesto	Crispy Sweet Potato Jacket Baked Beans & Cheese	Asian Noodles
Dessert	Sticky toffee pudding Toffee sauce 	Brownie Mandarins	Lemon Drizzle	Date Filled Cookies	 Old School cake & Peaches
Cold Desserts	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots
Afternoon snack during clubs	Cheese cracker sandwich	Shortbread Biscuit	Fruit cup	Banana Bread	Flapjack
Wrap around Tea	Pizza, salad, Cut Orange, Dessert	Fish fingers, chips, cut Melon, Dessert	Cheese, Sweetcorn Pasta, Cut Grapes, Dessert	Sausage Roll, Beans, cut melon, dessert	Chicken, Potato, Cut Orange, Dessert
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
Morning snack	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk
Main course	Chilli Con Carne	Sticky Korean Chicken Soy, Garlic & Honey	Brunch	Schnitzel Mustard Cream Sauce	Theme Day
Main course	Mixed Bean Chilli	Sticky Korean Quorn	Veggie Brunch	Celeriac Schnitzel	Sustainable Friday
vegetables and sides	Rice Chantenay Carrots cauliflower	Noodles Stem Broccoli Bok choi & Cabbage	Hash Brown Beans Mushroom Tomato	Bacon and Onion Potato Romanescue carrot	
Jacket Potatoes Pasta & noodles	Jacket potato Beans cheese	Vegetable Pasta	Asian Noodles	Mushroom Pasta	FUTURE-PROOF FOOD
Dessert	Pear & Chocolate cake Chocolate Sauce	Honey Buns	Blueberry blondie	Flapjack	Mini doughnuts
Cold Dessert	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots	Seasonal Fruit & Dessert Pots
Afternoon snack during clubs	Cheese cracker sandwich	Shortbread Biscuit	Fruit bag	Banana Bread	Flapjack
Wrap Around Tea	Pizza, salad, Cut Orange, Dessert	Sausage Roll, Beans, cut melon, dessert	Chicken, Potato, Cut Orange, Dessert	Cheese, Sweetcorn Pasta, Cut Grapes, Dessert	Cheese, Sweetcorn Pasta, Cut Grapes, Dessert

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