



LENT TERM MENUS

Rydal Penrhos School lunch menus operate on a triweekly cycle from the first day of term through to the end.

This Lent Term menu runs from
3 March to 11 April.

*There may be a change as required.
All allergens catered for and checked by Allergen Champion*

WEEK 1 (SENIOR)

*Lunch***DAILY DISH**

	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
CLASSIC	Beef Chilli Taco Nachos Nacho Cheese Sauce	Chicken Steak Curry Sauce	Chicken Sausage Mash Gravy	Pizza Bar	Tempura Fish Chunky Chips
NOURISH	Pulled Jackfruit	Vegan Chicken Curry Sauce	Glamorgan Sausage	Pizza Bar	Tempura Vegetables
GRAB 'N' GO					
SIDES	Avocado Chilli & Lime Slaw Sweetcorn	Rice Baked Cauliflower Green Beans	Carrots Broccoli	Corn on the Cob Baked Courgette	Tartare Sauce Peas Baked Beans
JACKET / PASTA BAR	Jacket Potato Cheese, Beans or Tuna	Jacket Potato Cheese, Beans or Tuna	Pasta, Sauce and Cheese	Pasta, Sauce and Cheese	Jacket Potato Cheese, Beans or Tuna
DESSERT	Lemon Drizzle	Indian Doughnuts and Mango	Banana, Apple and Maple Sponge Custard	Tiramisu	Brownie
EVERY DAY	Selection of freshly cut and whole fruits. Daily salad bar.				
WHAT'S ON	17 th March: St Patrick's Day				

WEEK 1 (PREP)

Lunch

	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
CLASSIC	Beef Chilli Taco Nachos Nacho Cheese Sauce	Chicken Steak Curry Sauce	Chicken Sausage Mash Gravy	Pizza Bar	Tempura Fish Chunky Chips
NOURISH	Pulled Jackfruit	Vegan Chicken Curry Sauce	Glamorgan Sausage	Pizza Bar	Tempura Vegetables
GRAB 'N' GO					
SIDES	Avocado Carrots Sweetcorn	Rice Baked Cauliflower Green Beans	Carrots Broccoli	Corn on the Cob Baked Courgette	Tartare Sauce Peas Baked Beans
JACKET / PASTA BAR	Jacket Potato Cheese, Beans or Tuna	Jacket Potato Cheese, Beans or Tuna	Pasta, Sauce and Cheese	Pasta, Sauce and Cheese	Jacket Potato Cheese, Beans or Tuna
DESSERT	Lemon Drizzle	Indian Doughnuts and Mango	Banana, Apple and Maple Sponge Custard	Tiramisu	Brownie
EVERY DAY	Selection of freshly cut and whole fruits. Daily salad bar.				
WHAT'S ON	17 th March: St Patrick's Day				

Lunch

	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
CLASSIC	Turkey Fried Rice	Tandoori Chicken Donner Flat Bread	Brunch	Duck or Chicken Bao Bun	Baked Salmon
NOURISH	Egg Fried Rice	Vegan Kofta Kebab	Vegan Brunch	Shredded Oyster Mushroom Vegetable Bao Bun	Carrot Falafel
GRAB 'N' GO					
SIDES	Prawn Crackers Cauliflower Green Beans	Corn On The Cob Carrots	Beans Tomato Mushroom	Lotus Root Peas Broccoli	Parsley Sauce Baby Potato Green Beans Baked Courgette
JACKET/PASTA BAR	Jacket Potato Cheese, Beans or Tuna	Pasta, Sauce and Cheese	Jacket Potato Cheese, Beans or Tuna	Pasta, Sauce and Cheese	Pasta, Sauce and Cheese
DESSERT	Yum Yums	Cherry Bakewell	Rice Pudding Fruit Puree	Banana and Pineapple Fritters, Vanilla Yogurt	Cookie Sandwich
EVERY DAY	Selection of freshly cut and whole fruits. Daily salad bar.				
WHAT'S ON					

Lunch

	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
CLASSIC	Turkey Fried Rice	Buttermilk Chicken	Brunch	Duck or Chicken Bao Bun	Baked Salmon
NOURISH	Egg Fried Rice	Quorn Buttermilk Chicken	Brunch	Shredded Oyster Mushroom Vegetable Bao Bun	Carrot Falafel
GRAB 'N' GO					
SIDES	Prawn Crackers Cauliflower Green Beans	Sweet Potato Fries Corn on the Cob Carrots	Beans Tomato Mushroom	Lotus Root Peas Broccoli	Parsley Sauce Baby Potato Green Beans Baked Courgette
JACKET / PASTA BAR	Jacket Potato Cheese, Beans or Tuna	Pasta, Sauce and Cheese	Jacket Potato Cheese, Beans or Tuna	Pasta, Sauce and Cheese	Pasta, Sauce and Cheese
DESSERT	Yum Yums	Cherry Bakewell	Rice Pudding Fruit Puree	Banana and Pineapple Fritters, Vanilla Yogurt	Cookie Sandwich
EVERY DAY	Selection Of Freshly Cut & Whole Fruits, Daily Salad Bar				
WHAT'S ON					

WEEK 3 (SENIOR)
Lunch

DAILY DISH

	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
CLASSIC	Buttermilk Chicken	Pork Meatballs	Roast Chicken	Beef Burger	Sustainable Day
NOURISH	Buttermilk Plant-Based Chicken	Vegan Meatballs	Roast Vegan Chicken Breast	Vegan Burger	Sustainable Day
GRAB 'N' GO					
SIDES	Potato Bites Corn on the Cob Carrots	Orzo Pasta Tomato Sauce Broccoli Sweetcorn	Apricot Stuffing Roast Potato Gravy Carrot Cauliflower Cheese	Baked Beans Onion Rings Fries	Sustainable Day
JACKET/PASTA BAR	Pasta, Sauce & Cheese	Jacket Potato Cheese, Beans or Tuna	Pasta, Sauce & Cheese	Jacket Potato Cheese, Beans or Tuna	Sustainable Day
DESSERT	Fruit Eton Mess	Sweet Pizzas	Apple Crumble & Custard	Fruit Smoothies	Sustainable Day
EVERY DAY	Selection of freshly cut and whole fruits. Daily salad bar.				
WHAT'S ON					

WEEK 3 (PREP) *Lunch*

	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
CLASSIC	Buttermilk Chicken	Pork Meatballs	Roast Chicken	Beef Burger	Sustainability Day
NOURISH	Buttermilk Plant-Based Chicken	Vegan Meatballs	Roast Vegan Chicken Breast	Vegan Burger	Sustainability Day
GRAB 'N' GO					
SIDES	Potato Bites Corn on the Cob Carrots	Orzo Pasta Tomato Sauce Broccoli Sweetcorn	Apricot Stuffing Roast Potato Gravy Carrot Cauliflower Cheese	Baked Beans Onion Rings Fries	Sustainability Day
JACKET/PASTA BAR	Pasta, Sauce & Cheese	Jacket Potato Cheese, Beans or Tuna	Pasta, Sauce & Cheese	Jacket Potato Cheese, Beans or Tuna	Sustainability Day
DESSERT	Fruit Eton Mess	Sweet Pizzas	Apple Crumble & Custard	Fruit Smoothies	Sustainability Day
EVERY DAY	Selection of freshly cut and whole fruits. Daily salad bar.				
WHAT'S ON					