



St Wystan's

A REPTON SCHOOL

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# LUNCH MENU

## Menu One

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Fresh bread, breadsticks, cheese, salad trays, sweetcorn, seasonal vegetables, fresh fruit, fruit jellies, fresh fruit salad, vegan puddings & assorted yoghurts available daily.

## MONDAY

### MAIN

Homemade tomato sauce with vegetables & beans served with pasta & cheese. Fresh baked bread & salad sticks.

### DESSERT

Homemade muffins and assorted fruit.

## TUESDAY

### MAIN

Homemade chicken curry with rice & garlic naan bread, served with salad sticks.

### VEGETARIAN

Homemade vegetable curry with rice & garlic naan bread, served with salad sticks.

### DESSERT

Fruit jelly.

## WEDNESDAY

### MAIN

Minced beef, Yorkshire pudding, potatoes & seasonal vegetables.

### VEGETARIAN

Quorn mince, Yorkshire pudding, potatoes & seasonal vegetables.

### DESSERT

Homemade cheesecake

## THURSDAY

### MAIN

Baked jacket potato served with tuna or baked beans with cheese, mixed salad & sweetcorn.

### DESSERT

Selection of fruit yoghurts.

## FRIDAY

### MAIN

Butchers sausages & bacon, hash browns, baked beans, grilled tomatoes & mushrooms.

### VEGETARIAN

Vegetarian sausages & bacon, hash browns, baked beans, grilled tomatoes & mushrooms.

### DESSERT

Homemade chocolate Malteser slice



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# LUNCH MENU

## Menu Two

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Fresh bread, breadsticks, cheese, salad trays, sweetcorn, seasonal vegetables, fresh fruit, fruit jellies, fresh fruit salad, vegan puddings & assorted yoghurts available daily.

## MONDAY

### MAIN

Meatballs in a homemade tomato, pepper & basil sauce with pasta & salad sticks.

### VEGETARIAN

Quorn meatballs in a homemade tomato, pepper & basil sauce with pasta & salad sticks.

### DESSERT

Vanilla Sponge

## TUESDAY

### MAIN

Salad with a selection of roasted butcher's meats, tuna and cheese. Served with vegetable rice & fresh bread.

### DESSERT

Warm apple & peach crumble with custard

## WEDNESDAY

### MAIN

Local butchers roast chicken with stuffing, roast potatoes, cauliflower cheese, seasonal vegetables & gravy.

### VEGETARIAN

Vegetarian nuggets, roast potatoes, cauliflower cheese, seasonal vegetables & gravy.

### DESSERT

Angel Delight

## THURSDAY

### MAIN

Fish fingers served with potato wedges, baked beans or spaghetti hoops & salad sticks.

### VEGETARIAN

Vegetarian sausages served with potato wedges, baked beans or spaghetti hoops & salad sticks.

### DESSERT

Homemade flapjack.

## FRIDAY

### MAIN

Homemade Fresh bread pizza served with smiley faces, sweetcorn & salad selection.

### DESSERT

Homemade Rice Crispy Cake



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# LUNCH MENU

## Menu Three

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Fresh bread, breadsticks, cheese, salad trays, sweetcorn, seasonal vegetables, fresh fruit, fruit jellies, fresh fruit salad, vegan puddings & assorted yoghurts available daily.

## MONDAY

### MAIN

Fishcakes with saute potatoes, mixed vegetables & parsley sauce or tomato ketchup.

### VEGETARIAN

Vegetable Bites with saute potatoes, mixed vegetables & parsley sauce or tomato ketchup.

### DESSERT

Homemade Cookies

## TUESDAY

### MAIN

Local butchers chicken breasts in an Italian tomato sauce with pasta & garlic bread.

### VEGETARIAN

Italian tomato & roasted vegetable pasta with garlic bread.

### DESSERT

Homemade cornflake tart & custard.

## WEDNESDAY

### MAIN

Local butchers roast pork, roast potatoes, cauliflower cheese, seasonal vegetables, stuffing & gravy.

### VEGETARIAN

Vegetarian sausages roast potatoes, cauliflower cheese, seasonal vegetables, stuffing & gravy.

### DESSERT

Mature cheddar cheeseboard with grapes & apple slices.

## THURSDAY

### MAIN

Homemade pork sausage rolls with creamed potatoes, baked beans or spaghetti hoops & salad sticks.

### VEGETARIAN

Vegetarian sausage rolls with creamed potatoes, baked beans or spaghetti hoops & salad sticks.

### DESSERT

Rice pudding & jam.

## FRIDAY

### MAIN

Chicken tortilla wraps with homemade tomato salsa, stir fried fresh vegetables with mixed salad & grated cheese.

### VEGETARIAN

Vegetable & mixed bean tortilla wraps with homemade tomato salsa, stir fried fresh vegetables with mixed salad & grated cheese.

### DESSERT

Homemade chocolate Malteser slice.