Lunch

Chigwell School

PROUDLY NOURISHED BY LODESTONE HOUSE

Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Sweet & Sour Chicken with Vegetable Fried Rice & Prawn Crackers (H) Slow Cooked Beef in Hoi Sin with Egg Noodles & Prawn Crackers Gochujang Glazed Tofu with Rice Noodles & Miso Broth (VE)	Baked Mexican Chicken Fajita with Peppers & Onions (H) Breaded Turkey Schnitzel with Creamy & Lemon Sauce Vegetable & Spicy Bean Burrito with Peppers & Onions	Traditional Steak Pie Roasted Chicken Supreme with Honey & Mustard Sauce Courgette, Spinach & Mushroom Wellington	Butter Chicken Curry with Basmati Rice & Poppadom's King Prawn Balti with Basmati Rice Duo of Onion Bhaji & Samosa with Onion Salad	Hand Battered Fish of the Day Southern Fried Chicken Goujons Cornish Sausage Roll Vegetarian Sausage Roll Fish Fingers
Sides	Egg Noodles Vegetable Fried Rice Prawn Crackers Pak Choi Season Vegetables	Piri Piri Roasted Potatoes Mixed Peppers & Onions Guacamole/Sour Cream & Salsa Roasted Carrots Seasonal Vegetables	Creamy Mashed Potato Gluten Free Gravy Garden Peas Green Beans Seasonal Vegetables	Bombay Potatoes Basmati Rice Onion Salad Poppadom's Seasonal Vegetables	Skin on Chips Homemade Tartare Sauce Mushy Peas Sauteed Mushrooms Seasonal Vegetables
Desserts	Banoffee Crumble with Custard Mini Blueberry Muffin Raspberry Jelly	Frozen Toffee Yoghurt Lemon Drizzle Cake with Custard Strawberry Jelly	Jam Rolly Poly with Custard Rice Crispy Cake Orange Jelly	Orange & Vanilla Rice Pudding Homebaked Cookie Raspberry Jelly	Cheese & Biscuits French Crepe with Lemon & Sugar Strawberry Jelly

Daily Options

Soup of the Day
Selection of Freshly Made Soups. Served with Freshly Baked Bread

Jacket Potato/Pasta Bar
Topped With Baked Beans, Cheese, Beef Bolognese

Salads & Fruits Bar
Selection of Freshly prepared Salads, Hand Cut Fruit, Pastas, Handmade Sandwiches & Baguettes Available Daily

Chefs Special Pop Up Dishes
Our Executive Head Chef Creates Iconic 'Pop up Dishes' using Local Fresh Seasonal Produce for all to try.

Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen

Lunch



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Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Traditional Beef Lasagne served with Garlic Bread Pork Meatballs in Rich Tomato Sauce with Spaghetti & Garlic Bread Roasted Vegetable Lasagne with Garlic Bread	Hunters Chicken with Rocket Salad Citrus Roasted Salmon Fillet with Dill Hollandaise Hunters Style Quorn Fillet with Rocket Salad	Honey Roasted Gammon with Yorkshire Pudding Roasted Chicken Thigh with Sage & Onion Stuffing Roasted Stuffed Aubergine with Chickpeas	Piri Piri Chicken Thigh with Flat Bread Minted Lamb Moussaka with Flat Bread Mac 'N' Cheese Bake Vegetable Moussaka with Flat Bread	Hand Battered Fish of the Day Margarita Stone Baked Pizza Pepperoni Stone Baked Pizza Fish Fingers Pulled BBQ Pork Ciabatta Slider
Sides	Rosemary & Garlic Roasted New Potatoes Garlic Bread Garden Peas Carrot Batons Seasonal Vegetables	Sauteed New Potatoes Hollandaise Sauce Rocket Salad Sweetcorn Seasonal Vegetables	Roast Potatoes Yorkshire Pudding Gluten Free Gravy Roasted Parsnips Seasonal Vegetables	Cajun Roasted Potatoes Flat Bread Homemade Houmous Sweetcorn Seasonal Vegetables	Skin on Chips Mushy Peas Home made Tartare Sauce Grilled Tomatoes Seasonal Vegetables
Desserts	Upside Down Pineapple Sponge Cake with Custard Orange & Mango Sorbet Raspberry Jelly	Chocolate Sponge with Chocolate Sauce Yoghurt Bar Strawberry Jelly	Mixed Fruit Crumble with Custard Mini Chocolate Muffin Orange Jelly	Home Made Oaty Flapjack Apple Crumble with Custard Strawberry Jelly	Vanilla Ice Cream Tub Lemon & Coconut Sponge with Custard Orange Jelly

Daily Options

Soup of the Day

Selection of Freshly Made Soups. Served with Freshly Baked Bread

Jacket Potatoes/Pasta Bar

Topped With Baked Beans, Cheese, Beef Bolognese

Salad & Fruit Bar

Selection of Freshly Prepared Salads, Hand Cut Fruit, Pastas, Handmade Sandwiches & Baguettes Available Daily

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Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Roasted Garlic Chicken & Bacon Carbonara & Spaghetti Italian Slow Cooked Beef Ragu with Spaghetti Tortellini Formaggio in Tomato & Olive Sauce	Warm Chicken Tandoori Wrap with Onion Salad Lamb Kofta Adana Wrap with Mint Yoghurt Felafel Wrap with Houmous Cheese, Onion & Asparagus Tart	Harissa & Lemon Roasted Chicken with Basmati Rice SAUSAGE BAR Chigwell Pork Sausage Chicken Sausage Chorizo Sausage Plant Based Sausage Harissa Roasted Vegetables & Grilled Halloumi	Chinese Chicken Curry with Egg Fried Rice Crispy Chinese Pork with Sweet Chilli Sauce Vegetable Spring Roll with Egg Noodles Sweet Potato & Chickpea Chinese Style Curry	Hand Battered Fish of the Day Cheese Burger (H) Minted Lamb Burger with Tzatziki Yoghurt Plant based Burger with Brie & Cranberry Fish Fingers
Sides	Garlic Boulangere Potatoes Garlic Bread Garden Peas Roasted Courgettes Seasonal Vegetables	Herby Diced Potatoes Mint Yoghurt Onion Salad Houmous Seasonal Vegetables	Creamy Mashed Potato Basmati Rice Gluten Free Gravy Garden Peas Seasonal Vegetables	Egg Noodles Egg Fried Rice Stir Fry Pak Choi Seasonal Vegetables	Skin on Chips Mushy Peas Home Made Tartare Sauce Sauteed Mushrooms Garden Peas
Desserts	Mini Jam Doughnut Fresh Fruit Salad Raspberry Jelly	Sticky Toffee Pudding with Custard Frozen Raspberry Yoghurt Strawberry Jelly	Sweet Belgium Waffle with Berry Compote Carrot Cake with Frosting Orange Jelly	Chocolate Brownie Bread & Butter Pudding with Custard Raspberry Jelly	Dutch Apple Pie with Custard Choc-Ice Orange Jelly

Daily Options

Soup of the Day

Selection of Freshly Made Soups. Served with Freshly Baked Bread

Pasta Bar

Topped With Baked Beans, Cheese, Beef Bolognese

Salads & Fruit Bar

Selection of Freshly prepared Salads, Hand Cut Fruit, Pastas, Handmade Sandwiches & Baguettes Available Daily

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