



Chigwell School



# Lunch

## Spring/Summer Menu

PROUDLY NOURISHED BY  
 **LODESTONE HOUSE**



WEEK 1

### Monday

Mains

Chicken Milanese with Spaghetti & Parmesan Cheese (H)

Pork Meatballs with Chorizo & Pesto

Quorn Spaghetti Bolognese (VE)

Gnocchi with Kale & Sundried Tomatoes (VE)

Sides

Garlic Bread  
Minted New Potatoes  
Broccoli  
Green Beans  
Seasonal Vegetables

Desserts

Lemon & Coconut Sponge with Custard

Mini Blueberry Muffin

### Tuesday

Chicken Shawarma Pitta Flatbread (H)

Slow Roasted Lamb Shoulder on a Pitta Flatbread

Butternut Squash & Roast Pepper Shwarma Pitta

Piri Piri Spiced Potatoes  
Pickled Cabbage  
Onion Salad  
Carrots  
Seasonal Vegetables

Warm Carrot Cake

Mango Cheesecake

### Wednesday

Chicken Caesar Salad

Roast Topside of Beef with Yorkshire Pudding (HA)

Quorn Cottage Pie (V)

Plant based Sausage Roll (VE)

Roast Potatoes  
Yorkshire Pudding  
Sauté Leeks  
Savoy Cabbage  
Seasonal Vegetables

Cherry & Apple Crumble with Custard

Yoghurt Bar

### Thursday

Crispy Battered Chicken with Chinese Sauce (H)

Pulled BBQ Pork on Toasted Bap

Fisherman's Pie

Cauliflower & Burnt Corn Taco

Dauphinoise Potatoes  
Crunchy Apple Slaw  
Avocado Dip  
Sweetcorn  
Seasonal Vegetables

Chocolate Fudge Brownie

Fresh Fruit Salad

### Friday

Hand Battered Fish of the Day

Fish Finger Sandwich

Beef Burger (H)

Flame Grilled Steak Burger with Stilton & Onions

Plant based Burger with Beetroot Salsa (V)

Skin on French Fries  
Homemade Tartare Sauce  
Mushy Peas  
Grilled Tomatoes  
Sautéed Mushrooms

Bread & Butter Pudding with Custard

Cheshire Creamery Choc-Ice

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

#### Salad Bar

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

#### Fruit Bar

Selection of Fresh Fruit & Jellies Available Daily





Chigwell School



# Lunch

## Spring/Summer Menu

WEEK 2

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 **LODESTONE HOUSE**



### Monday

Mains

- Chicken Tikka Masala (H)
- Tender Beef Madras
- Chana Masala (V)

Sides

- Saag Aloo Potatoes
- Poppadom's
- Onion Salad
- Mint Yoghurt
- Roasted Butternut Squash
- Seasonal Vegetables

Desserts

- Cardamon Spiced Rice Pudding
- Ring Doughnut

### Tuesday

- Crispy Sweet Chilli Pork with Egg Noodles
- Japanese Chicken Donburi (H)
- Teriyaki Tofu

- Wasabi Spiced Potatoes
- Chinese Sweet & Sour Sauce
- Stir Fry Vegetables
- Roasted Cauliflower
- Pak Choi

- Sticky Stem Ginger Cake with Custard
- Mango Sorbet

### Wednesday

- Roast Chicken With Yorkshire Pudding & Stuffing (H)
- Beef Chilli Con Carne with Nacho Chips
- Vegetable Wellington
- Mixed Bean Chilli with Chips

- Roast Potatoes
- Basmati Rice
- Sour Cream
- Gravy
- Seasonal Vegetables

- Banana & Caramel Cake with Custard
- Home Baked Chocolate Chip Cookie

### Thursday

- Katsu Breaded Chicken Curry with Crunchy Salad (H)
- Thai Style Salmon Fillet
- Salt & Pepper Pulled Pork Shoulder
- Breaded Halloumi Katsu Curry (V)

- Herby Diced Potatoes
- Basmati Rice
- Garden Peas
- Corn on the Cob
- Seasonal Garden Vegetables

- Mixed Fruit Crumble with Custard
- Homemade Oaty Flapjack

### Friday

- Hand Battered Fish of the Day
- BBQ Chicken (H)
- PIZZA PARLOUR
- Margherita Pizza (V)
- Pepperoni Pizza
- Fish Fingers
- Mozzarella & Pesto Pitta Flatbread

- French Fries
- Mushy Peas
- Grilled Tomatoes
- Garden Peas
- Homemade Tartare Sauce

- Dutch Apple Pie with Custard
- Rice Crispy Cake

Daily Options

### Soup of the Day

Selection of Freshly Made Soups. Served with Freshly Baked Bread

### Jacket Potato/Pasta Bar

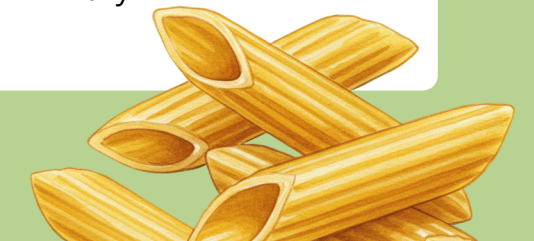
Topped With Baked Beans, Cheese, Beef Bolognese

### Salads

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

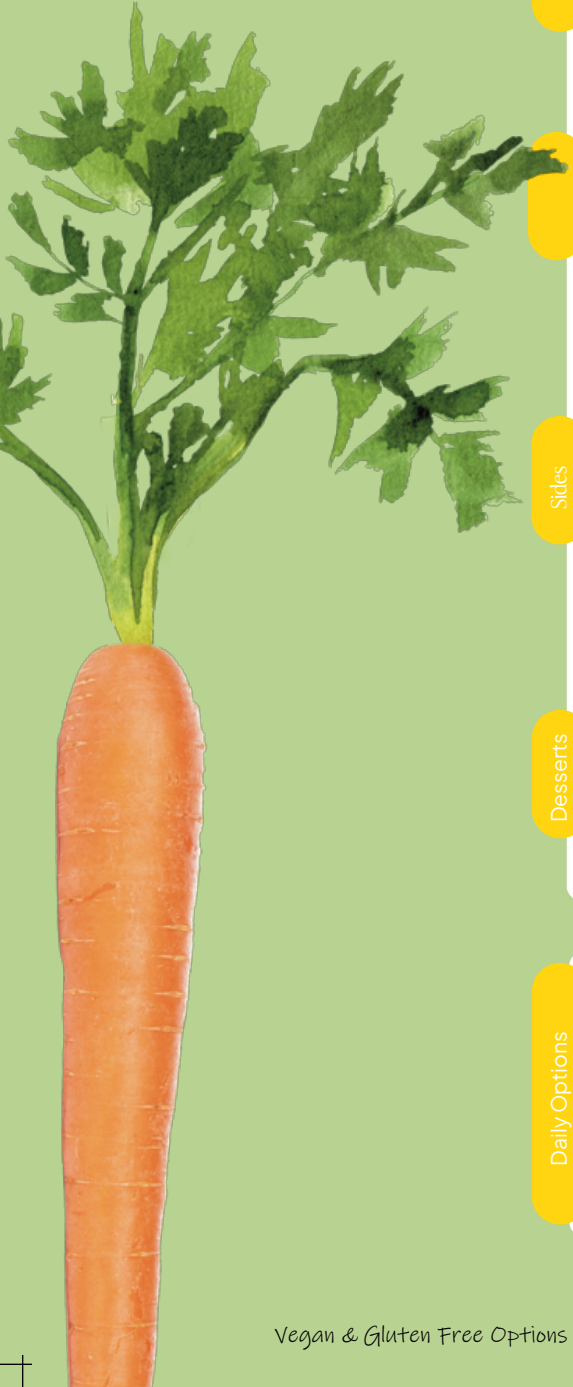
### Chilled Desserts

Selection of Fresh Fruit & Jellies Available Daily



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

Vegan & Gluten Free Options Available





Chigwell School

# Lunch

## Spring/Summer Menu

WEEK 3

PROUDLY NOURISHED BY



LODESTONE HOUSE

### Monday

Mains

Thai Green Chicken Curry with Coconut Rice (H)  
Beef Lasagne with Garlic Bread  
Tortellini Riccotta with Garlic Bread  
Goan Sweet Potato Curry with Basmati Rice

Sides

Oven Roasted New Potatoes  
Garlic Bread  
Broccoli  
Butternut Squash  
Seasonal Vegetables

Desserts

Coconut & Blackberry Sponge with Custard  
Chocolate Ice-Cream Tub

### Tuesday

Pork & Chicken Jambalaya  
Southern Fried Chicken with BBQ Beans (H)  
Vegetable Jambalaya (VE)  
Mac & Cheese Bake (V)

Sweet Potato Fries  
Homemade Coleslaw  
Sweetcorn  
Carrot Battons  
Seasonal Vegetables

Birthday Sprinkle Cake & Custard  
Yoghurt & Granola

### Wednesday

SAUSAGE BAR  
Chigwell Pork Sausage  
Beef & Horseradish  
Chicken & Herb (H)  
Plant based Cumberland  
Honey Chicken Tagine & Bulgar Wheat Salad  
Squash & Mushroom Tagine

Creamy Mashed Potato  
Saute Leeks  
Sugarsnap Peas  
Corn on the Cob  
Seasonal Vegetables

Chocolate Cake with Chocolate Custard  
Fresh Berry Trifle

### Thursday

Chicken Fajita (H)  
Cajun Pulled Beef Taco with Corn Salsa  
Greek Style Grilled Seabream on Bubba ghanoush style Aubergine  
Refried Bean Quesadilla with Tomato Salsa

Potato Bravas  
Sour Cream & Chive  
Guacamole  
Chunky Coleslaw  
Seasonal Vegetables

Nut Free Baklava  
Raspberry Frozen Yoghurt

### Friday

Hand Battered Fish of the Day  
American Style Pork Hotdog  
Chicken Burger (H)  
Halloumi Cheese & Roasted Pepper Burger  
Fish Fingers

Skin on French Fries  
Mushy Peas  
Grilled Tomatoes  
Garden Peas  
Homemade Tartare Sauce

Crepes with Lemon & Honey  
Fresh Fruit Smoothie

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

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

### Chilled Desserts

Selection of Fresh Fruit & Jellies Available Daily