



FRANCIS HOLLAND SCHOOL
SLOANE SQUARE

LUNCH MENU

W/C 20 TH FEBRUARY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	20/02/2017	21/02/2017	22/02/2017	23/02/17	24/02/17
SOUP	Leek & potato	Roast butternut squash	Sweetcorn Chowder	Pea & mint soup	Vegetable mulligatawny
BREAD	Wholemeal & granary stick	Granary bloomer	Wholemeal & granary stick	Granary bloomer	Wholemeal & granary stick
MAIN COURSE 1	Pasta bar Selection of pasta with mushroom carbonara & vegetable arrabiata Garlic bread	Honey roast gammon	Thai green char grilled chicken breast with mango & lime sauce on the side	Battered cod with lemon mayonnaise Healthy catch of the day	Beef stroganoff
PASTA OR JACKET POTATO BAR		Jacket potato with selection of fillings	Stir fried vegetable noodles with sweet chilli & soya sauce	Jacket potato with selection of fillings	Jacket potato with selection of fillings
VEGETARIAN	Vegetarian Margarita pizza with extra toppings (artichoke, olive, pineapple, mozzarella)	Three cheese & cherry tomato frittata	Vegetable spring rolls with sweet chilli sauce	Creamy roast risotto rice with poached egg & cherry tomato	Haloumi & vegetable kebab with mint yoghurt
ON THE SIDE	Jacket potato with selection of fillings	Roast new potatoes & rosemary Green beans	Egg noodles, Prawn crackers Mange tout & sugar snap peas	Chips Garden peas Baked beans	Steamed rice
DESSERT	Mango & orange iced smoothie	Apple crumble & custard	Lemon grass & coconut sponge	Orange sponge & custard	Pineapple upside down cake
COLD DESSERT	A selection of whole fruit, cut fruit platter, low fat yoghurt with granola and specials Occasionally items will be subject to change				

All our meats are British Red Tractor and farm assured