

School Menu

Lincoln Minster Senior



Lincoln Minster School
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MURTURING
APPETITES

Week 1

Monday

Soup	Mexican Tomato Homemade Bread
The Main Event	Beef in Shanghai Black Bean Sauce served with Egg Fried Rice Sour Cream & Prawn Crackers
Vegetarian	Pad Thai Rice Noodles with Wok Bashed Vegetables & Black Bean Sauce
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Pasta with Chicken & Chorizo sauce or Cheesy Mushroom sauce Garlic Bread
On the Side	Asian Greens Steamed Mixed Vegetables
Street Eats	BBQ Chicken Drumsticks with Diced Potatoes
Dessert	Chocolate Brownie Carrot & Apple Oaty Bar Fresh Fruit Salad Pot Yoghurt

Tuesday

Soup	Winter Vegetable Homemade Bread
The Main Event	Sweet Chilli Chicken served with Steamed Rice
Vegetarian	Mushroom & Chive Risotto
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Spaghetti Bolognaise or Spaghetti with Vegetable Carbonara Sauce Garlic Bread
On the Side	Bok Choi with Garlic Honey & Soy Sweetcorn
Street Eats	Bacon & Cheese Turnover served with Buttered New Potatoes
Dessert	Banana & Toffee Sponge or Cheese Scone & Butter Fresh Fruit Salad Pot Yoghurt

Wednesday

Soup	Red Lentil Homemade Bread
The Main Event	Roast Loin of Pork Served Sage & Onion Stuffing, Homemade Apple Sauce, Gravy Roast Potatoes
Vegetarian	Stilton Leek & Mushroom Quiche
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Penne Pasta served with Sausage Ragu sauce Or Creamy Green Pesto Sauce Garlic Bread
On the Side	Roast Potato Roasted Root Vegetables Saute Leeks
Street Eats	Breaded Chicken Tenders / BBQ Sauce
Dessert	Orange Choc Chip Cookie Trifle Pot Fresh Fruit Salad Pot Yoghurt



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Thursday

Soup	Cream of Mushroom	Homemade Bread
The Main Event	Moroccan Spiced Chicken Tagine served with Minted Cous Cous with Lemon	
Vegetarian	Harissa Roasted Vegetable Tagine served with Minted Cous Cous with Lemon	
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Penne Pasta served with Tomato & Basil Sauce or Cheese & Ham Sauce Garlic Bread	
On the Side	Green Beans & Tomato Stir Fried Vegetables	
Street Eats	Peperoni Pizza Panini Served with Skinny Fries	
Dessert	Lemon & Blueberry Sponge Strawberry Cheesecake Pot Fresh Fruit Salad Pot Yoghurt	

Friday

Soup	Broccoli	Homemade Bread
The Main Event	Korean Pulled Pork Bao Bun	
Vegetarian	Teriyaki Mushroom & Pepper Bao Bun	
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Macaroni Cheese Garlic Bread	
On the Side	Chips Garden Peas Baked Beans	
Street Eats	Chicken Nuggets with Tomato Ketchup Dip	
Dessert	Iced Vanilla Sponge Raspberry & White Chocolate Cookie Fresh Fruit Salad Pot Muller Yoghurt	

Salad

<u>DAILY....</u>	Mixed Leaves	Tomato	Cucumber	Grated Carrot	Diced Beetroot	Sliced Peppers
<u>Monday...</u>	Composite Salads	Rainbow Coleslaw	Fennel chicory	Orange Radish Salad	Watermelon & Peach	Salad
<u>Tuesday ...</u>	Composite Salads	Rainbow Coleslaw	Pasta Salad with Feta & Olives	Beetroot & Pomegranate	Salad	
<u>Wednesday...</u>	Composite Salads	Rainbow Coleslaw	Pesto Broccoli	Mange Tout & Spinach Salad	Nicoise Salad	
<u>Thursday.....</u>	Composite Salads....	Tuna & sweetcorn	Pasta Salad	Sweet Potato Aubergine & Sundried Tomato	Salad	
<u>Friday....</u>	Composite Salads....	Orzo Beetroot	Lemon & Thyme	Salad	Indian Carrot Salad	



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Week 2

Monday

Soup	Tuscan Bean & Pasta Homemade Bread
The Main Event	Spanish Pork Meatballs in Tomato Sauce served with Steamed Rice
Vegetarian	Red Onion, Herb & Cheddar Quiche served with Buttered New Potatoes
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Penne Pasta with Tomato & Basil Sauce or Mushroom Ravioli with Garlic & Spinach sauce Garlic Bread
On the Side	Roasted Mediterranean Vegetables Garden Peas
Street Eats	Southern Fried Chicken served with Pineapple Salsa
Dessert	Carrot & Raisin Muffin Mandarin Jelly Pot Fresh Fruit Salad Pot Muller Yoghurt

Tuesday

Soup	Classic Minestrone Homemade Bread
The Main Event	Beef Chilli Served with Mexican Rice Homemade Tortilla Chips & Sour Cream
Vegetarian	Vegetable & Mixed Bean Chilli served with Mexican Rice & Homemade Tortilla Chips
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Spaghetti Pasta with Carbonara Sauce or Roasted Vegetables in Herby Tomato Sauce Garlic Bread
On the Side	Sliced Green Beans Sweetcorn
Street Eats	Sausage, Fried Egg, Hash Browns Baked Beans
Dessert	Homemade Scone Butter & Jam Honey & Lemon Sponge Fresh Fruit Salad Pot Muller Yoghurt

Wednesday

Soup	Creamy Sweetcorn Homemade Bread
The Main Event	Chicken, Ham & Sweetcorn Pie served with Buttered New Potatoes
Vegetarian	Mediterranean Vegetable Lasagne Served with Garlic Bread
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Penne Pasta with Red Pepper Sauce or Beef Lasagne Garlic Bread
On the Side	Pan Roasted Aubergine, Courgette & Pepper Savoy Cabbage
Street Eats	BBQ Pulled Pork Dirty Fries served with Sour Cream
Dessert	Sticky Toffee Banana Lemon Meringue Dessert Pot Fresh Fruit Salad Pot Muller Yoghurt



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Week 2

Thursday

Soup	Curried Sweet Potato Homemade Bread
The Main Event	Sweet Chilli Pork & Vegetable Stir Fry Served with Braised Spanish Rice
Vegetarian	Mushroom Stroganoff
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Penne Pasta with Creamy Pesto Sauce or Puttaneca Sauce Garlic Bread
On the Side	Broccoli Florets Honey Roasted Carrots
Street Eats	Toasted Pepperoni & Cheese Bagel served with Diced Potatoes
Dessert	Chocolate Orange Brownie Lime Cheesecake Pot Fresh Fruit Salad Pot Muller Yoghurt

Friday

Soup	Creamy White Onion & Chive Homemade Bread
The Main Event	Battered Cof Fillet served with Homemade Tartar Sauce & Lemon Wedge and Chips
Vegetarian	Vegetable Muffin With Cheese & Fried Egg
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Macaroni Cheese Garlic Bread
On the Side	Garden Peas Baked Beans
Street Eats	Ham & Pineapple Pizza OR Cheese & Tomato Pizza
Dessert	Chocolate Éclair Angel Delight Pot Fresh Fruit Salad Pot Muller Yoghurt

Salad

DAILY..... Mixed Leaves Tomato Cucumber Grated Carrot Diced Beetroot Sliced Peppers Sweetcorn

Monday Composite Salads Rainbow Coleslaw Pesto Pasta Salad Greek Style Butterbean Salad

Tuesday Composite Salads Rainbow Coleslaw Tuna & Sweetcorn Pasta Salad Roast Veg & Baby Spinach Cous Cous Salad

Wednesday... Composite Salads Rainbow Coleslaw Fennel Celeriac Orange & Dill Salad Herb Pesto Potato Salad

Thursday Composite Salads.... Rainbow Coleslaw Roasted Butternut & Aubergine Salad Watermelon & Cucumber Salad

Friday Composite Salad Greek Salad Mexican Bean & Sweetcorn Salad



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Week 3

Monday

Soup	Leek & Potato Soup Homemade Bread
The Main Event	Chorizo & Fish Paella
Vegetarian	Mexican Bean Taco Served with Salsa & Sour Cream
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Spaghetti Pasta with Beef Bolognese Sauce or Cheesy Pesto Sauce Garlic Bread
On the Side	Country Vegetables Sweetcorn & Peppers
Street Eats	Lincolnshire Sausage Roll Served with Diced Potatoes & Baked Beans
Dessert	Lemon Drizzle Sponge Cheese & Biscuits Fresh Fruit Salad Pot Muller Yoghurt Pot

Tuesday

Soup	Tomato & Basil Soup Homemade Bread
The Main Event	Roast Turkey Breast Served with Garlic Roast Potatoes, Sage & onion Stuffing & Gravy
Vegetarian	Vegetable Crumble with Sage & Onion Topping
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Penne Pasta with Ham, Cheese & Mushroom Sauce or Tomato & Basil Sauce Garlic Bread
On the Side	Roast Parsnips Honey Roast Carrots
Street Eats	Ham & Cheese Toasted Bagel
Dessert	Raspberry Flapjack Oreo Cheesecake Pot Muller Yoghurt Fresh Fruit Salad Pot

Wednesday

Soup	Carrot & Coriander Soup Homemade Bread
The Main Event	Char Sui Pork Belly served with Hoi Sin Noodles
Vegetarian	Stir Fried Vegetables Served with Hoi Sin Noodles
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Penne Pasta served with Cheese sauce or Spinach & Ricotta Ravioli With Tomato and Basil pesto Garlic Bread
On the Side	Roasted Pepper Pest Vegetables Honey & Sesame Bok Choi
Street Eats	American Pancakes served with Maple Syrup Grilled Bacon & Baked Beans
Dessert	Chocolate Banana Fudge Cake Lemon Posset with Shortbread Biscuit Fresh Fruit Salad Pot Muller Yoghurt



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Week 3

Thursday

Soup	Lentil, Kale & Sweet Potato SoupSoup Homemade Bread
The Main Event	Cumberland Sausage served with Mashed Potato Yorkshire Pudding Gravy
Vegetarian	Cheese & vegetable Tart
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Spaghetti Pasta with Carbonara Sauce or Tomato Ragu Sauce Garlic Bread
On the Side	Seasonal Vegetables Broccoli Florets
Street Eats	Sweet Chilli Pulled Pork Bao Bun served with Pineapple Salsa & Potato Wedges
Dessert	Victoria Sandwich Cake Mississippi Mud Pie Pot Fresh Fruit Salad Pot Muller Yoghurt

Friday

Soup	Cream of Vegetable Soup Homemade Bread
The Main Event	Katsu Chicken served with Curry Sauce and Steamed Rice
Vegetarian	Tempura Vegetables served with Katsu Curry Sauce
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Macaroni Cheese Garlic Bread
On the Side	Chips Baked Beans Garden Peas
Street Eats	Jumbo Battered Cod Fish Finger served with Chips
Dessert	Jam Doughnut Chocolate Muffin Fresh Fruit Salad Pot Muller Yoghurt

Salad

DAILY..... Mixed Leaves Tomato Cucumber Grated Carrot Diced Beetroot Sliced Peppers

Monday... Composite Salads Rainbow Coleslaw Turkish Radish & Carrot Tuna & Sweetcorn Pasta Salad

Tuesday Composite Salads..... Rainbow Coleslaw Bombay Potato Salad Turkish Orzi Pasta Salad

Wednesday... Composite Salads ... Rainbow Coleslaw Caribbean Salad with Honey & Lime Dressing Red Pesto Pasta Salad

Thursday Composite Salads.... Rainbow Coleslaw Pesto Potato Salad Five Bean Salad with Spring Onion & Lime

Friday Composite Salads.... Sesame & soy Chinese Leaf Salad Caribbean Avocado Salad



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