

School Menu

Lincoln Minster Senior



Lincoln Minster School
The best in everyone™

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Week 1

Monday

Soup	Winter Veg, Tomato & Lentil	Homemade Bread
The Main Event	Beef in Shanghai Black Bean Sauce. Served with Egg Fried Rice & Prawn Crackers	
Vegetarian	Leek & Mushroom Quiche served with Buttered New Potatoes	
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Pasta with Red Pepper Sauce or Chicken & Mushroom Sauce Garlic Bread	
On the Side	Stir Fried Asian Greens Baked Beans	
Street Eats	Sausage & Cheese Muffin Hash Browns	
Dessert	Chocolate Brownie Strawberry Cheesecake Pot Fresh Fruit Salad Pot Yoghurt	

Tuesday

Soup	Broccoli	Homemade Bread
The Main Event	Breaded Katsu Chicken Curry served with Coconut Rice and Pickled Asian Slaw	
Vegetarian	Katsu Aubergine Burger served with Curry Mayonnaise & Red Onions	
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Spaghetti with Bolognese Sauce Or Cheesy Pesto Sauce Garlic Bread	
On the Side	Stir Fried Vegetables Sweetcorn	
Street Eats	Ham & Pineapple Pizza Baguette Potato Wedges	
Dessert	Banana Cake Giant Vanilla Cookie Fresh Fruit Salad Pot Yoghurt	

Wednesday

Soup	Creamy Sweetcorn	Homemade Bread
The Main Event	Roast Loin of Pork Served with Yorkshire Pudding Sage & Onion Stuffing & Gravy	
Vegetarian	Mediterranean Vegetable Lasagna Served with Garlic Bread	
Pasta & Jackets	Baked Potato Grated Cheddar Cheese Baked Beans Mushroom Ravioli or Pasta with Spinach & Garlic Sauce Garlic Bread	
On the Side	Mashed Potato Broccoli Honey Roasted Carrots	
Street Eats	Southern Fried Chicken with Chilli & Lime Salsa Skinny Fries	
Dessert	Iced Sponge Banoffee Pie Pot Fresh Fruit Salad Pot Yoghurt	



Week 1

Thursday

Soup	Curried Sweet Potato	Homemade Bread
The Main Event	Korean BBQ Pulled Brisket in a Bao Bun served with Picked Slaw	
Vegetarian	Noodles with Wok Bashed Oriental Vegetables and Shanghai Black Bean Sauce	
Pasta & Jackets	Baked Potato	Grated Cheddar Cheese Baked Beans
	Traditional Beef Lasagna or Pasta with Mushroom & Tarragon Sauce	
	Garlic Bread	
On the Side	Bok Choi with Honey Garlic & Soy Sweetcorn	
Street Eats	Beef Chilli Topped Homemade Nacho's with Tomato, Green Pepper & Onion Salsa	
Dessert	Strawberry Yoghurt Flapjack	
	Lemon Curd Buns	Fresh Fruit Salad Pot Yoghurt

Friday

Soup	Creamy White Onion & Chive	Homemade Bread
The Main Event	BBQ Chicken Pizza	
Vegetarian	Vegetable Supreme Pizza	
Pasta & Jackets	Baked Potato	Grated Cheddar Cheese Baked Beans
	Macaroni Cheese	
	Garlic Bread	
On the Side	Chips	Garden Peas Baked Beans
Street Eats	Lincolnshire Sausage Roll or Vegan Sausage Roll	
Dessert	Choc Ice	Golden Syrup Cookie
	Fresh Fruit Salad Pot	Muller Yoghurt

Salads

Daily	Mixed Leaves	Tomato	Cucumber	Grated Carrot	Diced Beetroot	Sliced Peppers
Monday	Rainbow Coleslaw	Creamy Potato & Shallot Salad	Israeli Cous Cous salad			
Tuesday	Rainbow Coleslaw	Penne Pasta with Feta & Olives	Grated Celeriac	Apple & Grain Mustard		
Wednesday	Rainbow Coleslaw	Italian Bean Salad	Pesto Pasta Salad			
Thursday	Tuna & Sweetcorn Pasta Salad	Greek Salad				
Friday	Quinoa Superfood Salad	Caesar Salad				



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MURTURING
APPETITES

Week 2

Monday

<i>Soup</i>	<i>Simply Tomato</i> <i>Homemade Bread</i>
<i>The Main Event</i>	<i>Jerk Pork & Pineapple served with Rice & Peas</i>
<i>Vegetarian</i>	<i>Vegetable & Bean Chilli Con Carne served with Steamed Rice & Homemade Nachos</i>
<i>Pasta & Jackets</i>	<i>Baked Potato</i> <i>Grated Cheddar Cheese</i> <i>Baked Beans</i> <i>Penne Pasta with Cheese & Ham Sauce</i> or <i>Arabiatta Sauce</i> <i>Garlic Bread</i>
<i>On the Side</i>	<i>Vegetable Stir Fry</i> <i>Sweetcorn</i>
<i>Street Eats</i>	<i>Sweet Chilli Chicken Panini</i> <i>Skinny Fries</i>
<i>Dessert</i>	<i>White Chocolate Chip Muffin</i> <i>Angel Delight Pot</i> <i>Fresh Fruit Salad Pot</i> <i>Muller Yoghurt</i>

Tuesday

<i>Soup</i>	<i>Zesty Carrot Cumin & Orange</i> <i>Homemade Bread</i>
<i>The Main Event</i>	<i>Beef Stew & Dumplings served with Mashed Potato</i>
<i>Vegetarian</i>	<i>Mushroom Pepper & Red Onion Pizza Baguette served with Skinny Fries</i>
<i>Pasta & Jackets</i>	<i>Baked Potato</i> <i>Grated Cheddar Cheese</i> <i>Baked Beans</i> <i>Spaghetti Pasta with Bolognese Sauce</i> or <i>Cheesy Pesto Sauce</i> <i>Garlic Bread</i>
<i>On the Side</i>	<i>Country Vegetables</i> <i>Seasonal Greens</i>
<i>Street Eats</i>	<i>Chicken Shawarma Wrap Served with Skinny Fries</i>
<i>Dessert</i>	<i>Swedish Apple Cake</i> <i>Red Cherry Cheesecake</i> <i>Fresh Fruit Salad Pot</i> <i>Muller Yoghurt</i>

Wednesday

<i>Soup</i>	<i>Leek & Potato</i> <i>Homemade Bread</i>
<i>The Main Event</i>	<i>Homemade Sausage & Onion Plait served with Hash Browns</i>
<i>Vegetarian</i>	<i>American Pancakes with Quorn Sausage Maple Syrup & Hash Browns</i>
<i>Pasta & Jackets</i>	<i>Baked Potato</i> <i>Grated Cheddar Cheese</i> <i>Baked Beans</i> <i>Penne Pasta with Spinach & Mushroom Sauce</i> or <i>Tomato & Basil Sauce</i> <i>Garlic Bread</i>
<i>On the Side</i>	<i>Baked Beans</i> <i>Plum Tomatoes</i>
<i>Street Eats</i>	<i>American Pancakes Smoked Bacon & Maple Syrup Served with Hash Browns</i>
<i>Dessert</i>	<i>Iced Orange & Ginger Cake</i> <i>Apple Flapjack</i> <i>Fresh Fruit Salad Pot</i> <i>Muller Yoghurt</i>



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Week 2

Thursday

<i>Soup</i>	<i>Cream of Mushroom</i> <i>Homemade Bread</i>
<i>The Main Event</i>	<i>Kung Pao Chicken served with Steamed Rice & Prawn Crackers</i>
<i>Vegetarian</i>	<i>Cheese & Red Onion Quiche Served with Chips</i>
<i>Pasta & Jackets</i>	<i>Baked Potato</i> <i>Grated Cheddar Cheese</i> <i>Baked Beans</i> <i>Penne Pasta with Cheese & Ham Sauce</i> or <i>Arabiatta Sauce</i> <i>Garlic Bread</i>
<i>On the Side</i>	<i>Pesto Greens</i> <i>Sweetcorn</i>
<i>Street Eats</i>	<i>Cumberland Sausage</i> served with <i>Fried Egg Chips & Baked Beans</i>
<i>Dessert</i>	<i>Mandarin Cupcake</i> <i>Trifle Pot</i> <i>Fresh Fruit Salad Pot</i> <i>Muller Yoghurt</i>

Friday

<i>Soup</i>	<i>Winter Vegetable</i> <i>Homemade Bread</i>
<i>The Main Event</i>	<i>Battered Cod Fillet Served with Homemade Tartare Sauce & Lemon Wedge</i>
<i>Vegetarian</i>	<i>Cheese & Tomato Pizza</i>
<i>Pasta & Jackets</i>	<i>Baked Potato</i> <i>Grated Cheddar Cheese</i> <i>Baked Beans</i> <i>Penne Pasta with Cheese & Ham Sauce</i> or <i>Arabiatta Sauce</i> <i>Garlic Bread</i>
<i>On the Side</i>	<i>Chips</i> <i>Garden Peas</i> <i>Baked Beans</i>
<i>Street Eats</i>	<i>Cajun Chicken Burger served with Pico de Gallo Salsa</i>
<i>Dessert</i>	<i>Choc Ice</i> <i>Iced Sponge</i>

Salads

<i>Daily</i>	<i>Mixed Leaves</i> <i>Tomato</i> <i>Cucumber</i> <i>Grated Carrot</i> <i>Diced Beetroot</i> <i>Sliced Peppers</i>
<i>Monday</i>	<i>Rainbow Coleslaw</i> <i>Pesto Pasta Salad</i> <i>Rainbow Rice Salad</i>
<i>Tuesday</i>	<i>Rainbow Coleslaw</i> <i>Italian Panzanella Salad</i> <i>Bombay Potato Salad</i>
<i>Wednesday</i>	<i>Rainbow Coleslaw</i> <i>Tuna & Sweetcorn Pasta Salad</i> <i>Herby Cous Cous</i>
<i>Thursday</i>	<i>Rainbow Coleslaw</i> <i>Turkish Orzi Salad</i> <i>Traffic Light Salad</i>
<i>Friday</i>	<i>Roast Vegetable Pasta Salad</i> <i>Watermelon & Cucumber Salad</i>



Week 3

Monday

<i>Soup</i>	<i>Classic Minestrone Soup Homemade Bread</i>
<i>The Main Event</i>	<i>Chinese Chicken Chow Mein served with Egg Fried Rice & Prawn Crackers</i>
<i>Vegetarian</i>	<i>Mushroom & Butterbean Stroganoff Served with Steamed Rice</i>
<i>Pasta & Jackets</i>	<i>Baked Potato Grated Cheddar Cheese Baked Beans Penne Pasta with Tomato & Mascarpone Sauce or Bacon Carbonara Sauce Garlic Bread</i>
<i>On the Side</i>	<i>Stir Fried Vegetables Garden Peas</i>
<i>Street Eats</i>	<i>Hot Roast Pork Burger Roll Served with Apple Sauce Sage Stuffing & Chips</i>
<i>Dessert</i>	<i>Victoria Sandwich Cake Mango Cream Mousse Pot Fresh Fruit Salad Pot Muller Yoghurt Pot</i>

Tuesday

<i>Soup</i>	<i>Tomato & Basil Soup Homemade Bread</i>
<i>The Main Event</i>	<i>Homemade Turkey Ham & Mushroom Pie Served with Mashed Potato</i>
<i>Vegetarian</i>	<i>Spicy Vegetable & Mixed Bean Taco Served with Sour Cream</i>
<i>Pasta & Jackets</i>	<i>Baked Potato Grated Cheddar Cheese Baked Beans Bolognese Pasta Bake or Penne Pasta with Red Pepper Sauce Garlic Bread</i>
<i>On the Side</i>	<i>Seasonal Greens Honey Roasted Carrots</i>
<i>Street Eats</i>	<i>BBQ Chicken Wings Served with Watermelon & Peach Salsa</i>
<i>Dessert</i>	<i>Cheese & Biscuits Key Lime Pie Pot</i>

Wednesday

<i>Soup</i>	<i>Roasted Butternut Squash & Red Pepper Soup Homemade Bread</i>
<i>The Main Event</i>	<i>Roast Beef Served with Yorkshire Pudding Roast Potatoes & Gravy</i>
<i>Vegetarian</i>	<i>Vegetable Tagine served with Minted Cous Cous</i>
<i>Pasta & Jackets</i>	<i>Baked Potato Grated Cheddar Cheese Baked Beans Penne Pasta with Tomato & Mascarpone Sauce or Bacon Carbonara Sauce Garlic Bread</i>
<i>On the Side</i>	<i>Roasted Root Vegetables Broccoli Florets</i>
<i>Street Eats</i>	<i>BBQ Cheese Pork Sausage Hot Dog Served with Skinny Fries & Garden Saldd</i>
<i>Dessert</i>	<i>Homemade Scone Butter & Jam</i>



Week 3

Thursday

<i>Soup</i>	<i>Carrot & Coriander Soup</i> <i>Homemade Bread</i>
<i>The Main Event</i>	<i>Garlic Butter Chicken Kiev</i> <i>Served with Skinny Fries</i>
<i>Vegetarian</i>	<i>Feta & Mushroom Parcel</i> <i>Served with Skinny Fries</i>
<i>Pasta & Jackets</i>	<i>Baked Potato</i> <i>Grated Cheddar Cheese</i> <i>Baked Beans</i> <i>Spaghetti Pasta with Tomato & Chorizo Sauce</i> <i>or</i> <i>Mushroom Sauce</i> <i>Garlic Bread</i>
<i>On the Side</i>	<i>Asian Greens</i> <i>Sweetcorn</i>
<i>Street Eats</i>	<i>Ham & Cheese Toasted Bagel</i> <i>Served with Skinny Fries</i>
<i>Dessert</i>	<i>Giant Oatie Cookie</i> <i>Mississippi Mud Pie Pot</i> <i>Fresh Fruit Salad Pot</i> <i>Muller Yoghurt</i>

Friday

<i>Soup</i>	<i>Cream of Country Vegetable Soup</i> <i>Homemade Bread</i>
<i>The Main Event</i>	<i>Crunchy Southern Style Chicken Burger</i> <i>served with Chunky Salsa & Mayonnaise</i>
<i>Vegetarian</i>	<i>Veggie Cheese Burger</i>
<i>Pasta & Jackets</i>	<i>Baked Potato</i> <i>Grated Cheddar Cheese</i> <i>Baked Beans</i> <i>Macaroni Cheese</i> <i>Garlic Bread</i>
<i>On the Side</i>	<i>Chips</i> <i>Baked Beans</i> <i>Garden Peas</i>
<i>Street Eats</i>	<i>Chicken Nuggets</i> <i>served with Sweet Chilli Dip</i>
<i>Dessert</i>	<i>Jam Doughnut</i> <i>Ice Cream Tub</i> <i>Fresh Fruit Salad Pot</i> <i>Muller Yoghurt</i>

Salads

<i>Daily</i>	<i>Mixed Leaves</i> <i>Tomato</i> <i>Cucumber</i> <i>Grated Carrot</i> <i>Diced Beetroot</i> <i>Sliced Peppers</i>
<i>Monday</i>	<i>Rainbow Coleslaw</i> <i>Roast Veg & Baby Spinach</i> <i>Cous Cous</i> <i>Pesto Pasta Salad</i>
<i>Tuesday</i>	<i>Rainbow Coleslaw</i> <i>Turkish Orzo</i> <i>Borlotti Bean & Feta Salad</i>
<i>Wednesday</i>	<i>Rainbow Coleslaw</i> <i>Roast Veg & Pesto Pasta</i> <i>Mexican Bean & Sweetcorn Salad</i>
<i>Thursday</i>	<i>Rainbow Coleslaw</i> <i>Tuna & Sweetcorn Pasta Salad</i> <i>Beetroot Orange & pomegranate Salad</i>
<i>Friday</i>	<i>Roasted Ratatouille & Pesto Salad</i> <i>Watermelon & Cucumber Salad</i>

