

Week 1
5th Jan,
26th Jan

ARNOLD LODGE
4 - 18 yrs Co-educational Independent Day School

**Spring
Menu**

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day
MAIN MEAT	Breaded Chicken Breast	Spaghetti Bolognese	Chunky Breaded Fish Fingers	Jalfrezi Chicken Curry	Meatballs in Rich Tomato Sauce
MAIN VEGETARIAN	Breaded Meatless Nuggets	Vegan Bolognese	Breaded Halloumi	Mixed Vegetable Curry	Meatless Balls
SIDES	Steamed Rice Katsu Curry Sauce Crispy Onions Carrot Batons	Garlic Bread Sweetcorn Parmesan Cheese	Chips Peas Mushy Peas Baked Beans	Steamed Rice Fried Onions Naan Bread Red Lentil Dhal	Pasta Roasted Vegetables
DESSERT	Muffin	Chocolate Cake	Home Baked Cookies	Pineapple Upside Down Cake	Lemon Mousse with Shortbread Biscuit

All our soups are vegetarian and gluten free

Gluten free main course and pudding available

Week 2
12th Jan,
2nd Feb

ARNOLD LODGE
4 - 18 yrs Co-educational Independent Day School

**Spring
Menu**

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day
MAIN MEAT	Pork Sausages	Lasagne	Burger Bar	Chicken Korma	Beef in Black Bean Sauce
MAIN VEGETARIAN	Vegetable Sausages	Vegetarian Lasagne	Vegan Burger Bar	Vegetable Curry	Veggie Stir Fry
SIDES	Creamed Potato Petit Pois Baked Beans	Garlic Bread Roasted Vegetables Parmesan Cheese	Chunky Chips Sliced Tomato Burger Cheese Greek Salad	Rice Naan Bread Dhal Mango Chutney	Noodles Stir Fry Vegetables
DESSERT	Apple Crumble & Custard	Toffee Angel Delight	Chocolate Brownie	Carrot Cake	Selection of Yoghurts

All our soups are vegetarian and gluten free

Gluten free main course and pudding available

Week 3
19th Jan,
9th Feb

ARNOLD LODGE
4 - 18 yrs Co-educational Independent Day School

**Spring
Menu**

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day
MAIN MEAT	Pasta Bar	Roast Beef	Chicken Kebabs	Meat Feast Pizza	Chilli Con Carne
MAIN VEGETARIAN	Vegetable Bolognese	Vegan Fillet	Vegan Kebabs	Cheese & Tomato Pizza	Vegetable Con Carne
SIDES	Penne Pasta Garlic Bread Roasted Vegetables Parmesan Cheese	Yorkshire Pudding Roast Potatoes Carrots Roasted Parsnips	Flat Bread Mint Yoghurt Green Salad Potato Wedges	Chips Sweetcorn Salad	Rice Green Beans Guacamole
DESSERT	Chocolate Profiteroles with Chocolate Sauce	Orange Cake	Iced Sponge Cake	Rice Pudding	Pancakes

All our soups are vegetarian and gluten free

Gluten free main course and pudding available