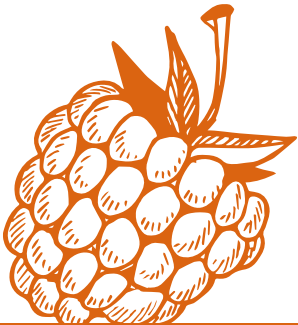


Week 1 Lunch



**KING
HENRY VIII
SCHOOL**

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Sweet Potato	Tomato & Grain	Sweetcorn & Red Chilli Chowder	Summer Vegetable	Carrot & Coriander
Main Course	Beef & Chorizo Chilli	Sticky Chinese Style Drumsticks	Classic Toad in the Hole	Greek Style Chicken Gyros	Hand Battered Fish, Fish Fingers, Thai Fish Cakes or Pizza
Vegetarian	Smokey Mixed Bean Chilli	BBQ Halloumi & Veg Skewers	Roast Butternut squash and Filo Pie	Roast Chickpea & Feta Gyros	Curried Black Bean & Sweet Potato Pasty
On the side	Coriander Rice, Fresh Salsa, Sour Cream, Cajun Corn	Sweet Potato Wedges, Summer Slaw, Roast Garlic Peppers	Mashed Potato, Savoy Cabbage, Garden Peas, Gravy	Greek Lemon Rice	Chips, Garden Peas, Mushy Peas, Curry Sauce, Tartare Sauce
Pasta or Jacket	Jacket Potatoes with a choice of Baked Beans, Cheddar Cheese & Tuna Mayo – Pasta and Sauce available daily				
Dessert	Jam Sponge, Custard	Dark Chocolate & Cherry Brownie	Apple Crumble, Custard	Baklava with Orange Cream	Chefs Special



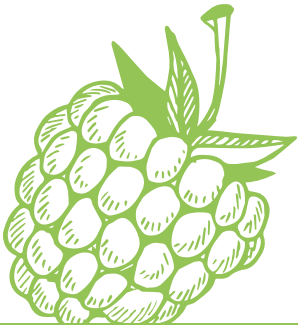
Week 2 Lunch



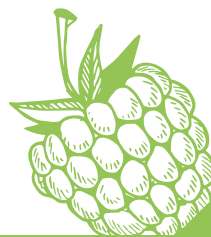
**KING
HENRY VIII
SCHOOL**

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Cream of Tomato	Roast Cauliflower & Stilton	Pea, Courgette & Spinach	Mushroom & Tarragon	Broccoli with Lime & Green Chilli
Main Course	Lamb & Chickpea Tagine with Apricots, Coriander & Mint	BBQ Pulled Pork Wrap, Corn Relish	Chicken & Leek Summer Casserole	Gammon Steak with Pineapple & Chilli Chutney	Hand Battered Fish, Fish Fingers, Soft Fish Tacos or Pizza
Vegetarian	Pea, Asparagus & Goats Cheese Frittata with Pesto	Butterbean Falafel Flatbread, Harissa humus, Red Peppers	Broccoli, Cauliflower & Squash Herby Crumble	Macaroni Cheese with Roast Butternut Squash	Giant Veggie Samosa, Spicy Yoghurt Dip
On the side	Potato & Sweet Potato Wedges, Cauliflower Gratin, Sauté Greens	Slaw, Mixed Salad, Charred Sweetcorn	Parsley Mash, Crushed Carrots, Salsa Verde Greens	Salt & Pepper Wedges, Broccoli, Mustard Roots	Chips, Garden Peas, Mushy Peas, Curry Sauce, Tartare Sauce
Pasta or Jacket	Jacket Potatoes with a choice of Baked Beans, Cheddar Cheese & Tuna Mayo – Pasta and Sauce available daily				
Dessert	Lemon Sponge, Custard	Chocolate Chelsea Buns	Seeded Carrot Cake Flapjack	Summer Pudding, Cream	Chefs Special





Week 3 Lunch



**KING
HENRY VIII
SCHOOL**

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Creamy White Onion & Parsley	Chestnut Mushroom & Chive	Honey Baked Parsnip & Leek	Garden Pea & Mint with Lemon	Classic French Onion
Main Course	Piri Piri Chicken Squash & Lentil Stew	Turkey, Chickpea & Cauliflower Tikka Massala	Spiced Paprika Pork Meatballs with Tomato Sauce	Thai Massaman Beef Curry	Hand Battered Fish, Fish Fingers, Fish Finger Batch or Pizza
Vegetarian	Courgette, Spinach & Cherry Tomato Gratin	Sweet Potato & Spinach Veg Cakes	Squash, Kale & Butterbean Lasagne	Spiced Root Veg Bhaji, Mango Mayo	Cauliflower, Mushroom & Bean Homity Pie
On the side	Lime & Chilli Braised Rice, Nigella Seed Baked Carrots, Sauté Greens	Cumin Roasted Cauliflower, Bombay Potatoes, Garden Peas	Herby Penne Pasta, Green Beans, Roast Tomatoes, Sweetcorn	Nigella Seed & Coriander Rice, Wilted Greens, Sweetcorn	Chips, Garden Peas, Mushy Peas, Curry Sauce, Tartare Sauce
Pasta or Jacket	Jacket Potatoes with a choice of Baked Beans, Cheddar Cheese & Tuna Mayo – Pasta and Sauce available daily				
Dessert	Shortbread Fruity Slice	Chocolate Brownie	Fruit Crumble, Custard	Lemon & Honey Tart, Yoghurt	Chefs Special