



FRANCIS HOLLAND SCHOOL
SLOANE SQUARE

LUNCH MENU

W/C 5 TH FEBRUARY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	05/02/18	06/02/18	07/02/18	08/02/18	09/02/18
	Sandwich bar	Sandwich bar	Sandwich bar	Sandwich bar	Sandwich bar
SOUP	Cream of mushroom soup	Broccoli and stilton soup	Carrot and coriander soup	Butterbean and squash soup	Miso soup
BREAD	Granary stick	Granary bloomer	Granary stick	Granary bloomer	Granary stick
MAIN COURSE 1	Chickpea and spinach Balti curry	Selection of sausages	Chargrilled chicken with oven roast cherry tomatoes	Battered fish with Tartare sauce Healthy catch of the day	Stir fry beef Or Stir fry pork
PASTA OR JACKET POTATO BAR	Jacket potato with selection of fillings	Jacket potato with selection of fillings	Jacket potato with selection of fillings	Jacket potato with selection of fillings	Jacket potato with selection of fillings
VEGETARIAN	Vegetable lasagne	Greek style pie with feta and spinach	Macaroni and cheese	Mushroom with polenta cake and poached egg with olive tapenade	Red Leicester and red onion quiche
ON THE SIDE	Steamed rice Naan bread Raita Green beans and sweetcorn	Mash potato Smoked garlic and rosemary roast carrot	Warm puy lentil and aubergine Salsa Verde Tomato salsa	Chips Garden peas Baked beans	Stir fry noodles Prawn crackers Three beans Sweet chilli and soya sauce
DESSERT	Deutsch apple cake with cream	Fruit salad	Flapjacks	Yogurt bar	Lemongrass and coconut sponge with custard
COLD DESSERT	A selection of fruit, yoghurt and specials				

All our meats are Free Range