Barnard Castle School

 Lent Term Dinner Week 1

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Chicken FilletTenders | Tuesday Theme Night | Spanish Frittata | Special Fried Rice | MixedGrillChicken BreastLamb SausageGammon | Italian Beef Meatballs in a Tomato & Basil Sauce | Roast Pork & YorkshirePudding |
| Pork & Apple Sausage | Fresh Lemon & Parmesan Breaded Pollock | Moules Marinières (Mussels in a Garlic White Wine Sauce) | Battered FishGoujons | Roast Chicken Supreme  |
| Vegan/Gluten FreeChicken Tenders | Vegetarian/Gluten Free Frittata | Vegan Special Fried Rice | Vegan Mixed Grill | Vegan Meatballs | Cajun Roulade  |
| Spring Onion MashCheesy Creamed Grilled Leeks | Steamed Parsley Buttered New PotatoesFresh Green Beans | Crusty BreadPrawn CrackersGarlic & Black Sesame Seed Broccoli  | Onion & Garlic Roasted New PotatoesMushrooms Grilled TomatoesFried Egg | Garlic BreadPeasHomemade Chips | Mashed PotatoesMixed Veg |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar |  |
| Choc Ice | Fruit Salad & Natural Yogurt | Cornflake Tart | Sticky ToffeePudding | Eton Mess | Fruit Crumble of the Day |