Barnard Castle School

Lent Term Dinner Week 1

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Chicken Fillet  Tenders | Tuesday  Theme  Night | Spanish  Frittata | Special Fried Rice | Mixed  Grill  Chicken Breast  Lamb Sausage  Gammon | Italian Beef Meatballs in a Tomato & Basil Sauce | Roast Pork & Yorkshire  Pudding |
| Pork & Apple  Sausage | Fresh Lemon & Parmesan Breaded Pollock | Moules Marinières  (Mussels in a Garlic White Wine Sauce) | Battered Fish  Goujons | Roast Chicken Supreme |
| Vegan/Gluten Free  Chicken Tenders | Vegetarian/Gluten Free Frittata | Vegan Special Fried Rice | Vegan Mixed Grill | Vegan Meatballs | Cajun Roulade |
| Spring Onion Mash  Cheesy Creamed Grilled Leeks | Steamed Parsley Buttered New Potatoes  Fresh Green Beans | Crusty Bread  Prawn Crackers  Garlic & Black Sesame Seed Broccoli | Onion & Garlic Roasted New Potatoes  Mushrooms  Grilled Tomatoes  Fried Egg | Garlic Bread  Peas  Homemade Chips | Mashed Potatoes  Mixed Veg |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar |  |
| Choc Ice | Fruit Salad & Natural Yogurt | Cornflake Tart | Sticky Toffee  Pudding | Eton Mess | Fruit Crumble of the Day |