



PHC

Hitchin
Independent School

Lunch Menu Week 1

Monday

Soup

Tomato

Main Course

Spaghetti
Bolognese & Garlic
Focaccia

Roasted Vegetable
Risotto & Garlic
Focaccia

A Selection Of Snack Pots

Salads

Tuna Niçoise Salad
Box
Vegetable Thai
Noodle Bento Box

Desserts

Jam & Coconut
Sponge With
Custard
Fruit Pots
Yoghurt Pots

Tuesday

Soup

Carrot & Coriander

Main Course

Chicken A La King,
Poached Rice &
Green Beans

Mixed Bean Chilli,
Poached Rice &
Green Beans

A Selection Of Snack Pots

Salads

Pesto Pasta Box
Tabbouleh Bento
Box

Desserts

Apple Crumble
With Custard
Fruit Pots
Yoghurt Pots

Wednesday

Soup

Leek & Potato

Main Course

Char Siu Noodles,
Prawn Crackers &
Stir Fried Greens

Vegetarian Fried
Rice, Prawn
Crackers & Stir
Fried Greens

A Selection Of Snack Pots

Salads

Rice, Feta &
Orange Salad Box
Chicken Caesar
Bento Box

Desserts

Rice Pudding
Fruit Pots
Yoghurt Pots

Thursday

Soup

Minestrone

Main Course

Shepherds Pie,
Carrots & Peas

Mushroom &
Spinach Lasagne,
Carrots & Peas

A Selection Of Snack Pots

Salads

Mixed Salad

Tuna Salad Box

Ham Salad Bento
Box

Desserts

Chocolate Sponge
Fruit Pots
Yoghurt Pots

Friday

Soup

Mushroom

Main Course

Turkey Burgers,
Chipped Potatoes &
Baked Beans

Macaroni Cheese
Chipped Potatoes &
Baked Beans

A Selection Of Snack Pots

Salads

Tomato &
Mozzarella Salad
Box
Bean & Pesto Bento
Box

Desserts

Vanilla &
Strawberry
Cheesecake
Fruit Pots
Yoghurt Pots

