



PHC

Hitchin
Independent School

Lunch Menu Week 2

Monday

Soup

Spicy Lentil

Main Course

Lancashire Hot Pot,
Carrots & Peas

Mixed Bean
Crumble, Carrots &
Peas

A Selection Of Snack Pots

Salads

Beetroot & Soya
Bean Salad Box
Greek Salad Bento
Box

Desserts

Fruit Crumble &
Custard
Fruit Pots
Yoghurt Pots

Tuesday

Soup

Potato & Onion

Main Course

Chicken & Lentil
Curry, Turmeric
Rice & Naan

Leek & Mushroom
Stroganoff,
Turmeric Rice &
Naan

A Selection Of Snack Pots

Salads

Chicken Salad Box
Spinach &
Pomegranate
Bento Box

Desserts

Eves Pudding
Fruit Pots
Yoghurt Pots

Wednesday

Soup

Butternut Squash

Main Course

Salmon Fish Cakes,
New Potatoes &
Mixed Vegetables

Mushroom,
Buckwheat Risotto,
New Potatoes &
Mixed Vegetables

A Selection Of Snack Pots

Salads

Feta & Orange
Salad Box
Chicken Caesar
Bento Box

Desserts

Strawberry Flapjack
Fruit Pots
Yoghurt Pots

Thursday

Soup

Tomato & Basil

Main Course

Chicken Jambalaya,
Green Beans

Sweet Potato &
Chickpea Roast,
Green Beans

A Selection Of Snack Pots

Salads

Rainbow Citrus Slaw
Salad Box
Egg Salad Bento Box

Desserts

Bakewell Slice
Fruit Pots
Yoghurt Pots

Friday

Soup

Carrot & Coriander

Main Course

Ham & Mushroom
Pizza, Chipped
Potatoes & Baked
Beans

Vegetable Risotto,
Chipped Potatoes &
Baked Beans

A Selection Of Snack Pots

Salads

Tuna Niçoise Salad
Box

Thai Noodle Bento
Box

Desserts

Eton Mess
Fruit Pots
Yoghurt Pots

