



# PHC

Hitchin  
Independent School

## Lunch Menu Week 3

### Monday

#### Soup

Vegetable

#### Main Course

Cumberland  
Sausages, Mashed  
Potato & Green  
Cabbage

Shepherdess Pie,  
Mashed Potato &  
Green Cabbage

#### A Selection Of Snack Pots

#### Salads

Greek Salad Box  
Caesar Salad Bento  
Box

#### Desserts

Chocolate Drop  
Sponge & Custard  
Fruit Pots  
Yoghurt Pots

### Tuesday

#### Soup

Tomato, Chilli &  
Aubergine  
Main Course  
Sweet Chilli  
Chicken With Basil,  
Noodles & Stir  
Fried Vegetables

Quorn Blackbean  
Stir Fry, Noodles &  
Stir Fried  
Vegetables

#### A Selection Of Snack Pots

#### Salads

Bulgar Wheat,  
Orange & Brie  
Salad Box  
Tuna Salad Bento  
Box

#### Desserts

Apple Pie &  
Custard  
Fruit Pots  
Yoghurt Pots

### Wednesday

#### Soup

Potato

Main Course  
Salmon & Red  
Pepper Pasta With  
Garlic Bread

Tomato & Basil  
Pasta With Garlic  
Bread

#### A Selection Of Snack Pots

#### Salads

Smoked Ham Salad  
Box  
Brie & Pepper Bento  
Box

#### Desserts

Lemon Syrup  
Sponge & Custard  
Fruit Pots  
Yoghurt Pots

### Thursday

#### Soup

Tuscan Bean

Main Course  
Chicken &  
Sweetcorn Pie, New  
Potatoes & Mixed  
Vegetables

Cheese & Spinach  
Frittata, New  
Potatoes & Mixed  
Vegetables

#### A Selection Of Snack Pots

#### Salads

Mixed Green Salad  
Box  
Baked Ham Salad  
Bento Box

#### Desserts

Peach Shortcake &  
Custard  
Fruit Pots

### Friday

#### Soup

Spiced Parsnip

Main Course  
Fish Fingers,  
Chipped Potatoes &  
Peas

Butternut Squash,  
Cauliflower &  
Broccoli Bake,  
Chipped Potatoes &  
Peas

#### A Selection Of Snack Pots

#### Salads

Broccoli & Squash  
Salad Box  
Thai Salmon Bento  
Box

#### Desserts

Chocolate  
Cheesecake  
Fruit Pots  
Yoghurt Pots

