BOWDEN HOUSE SCHOOL
WE NOT ME

LUNCH MENU

NOV 2026 – FEB 2027

GOOD FOOD
GREAT DAYS
BRIGHT FUTURES

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Cajun Salmon with Vegetable Rice	BBQ Chicken with Sauté Potatoes	Tagliatelle Carbonara	Pan Fried Cod with Mashed Potatoes	Chicken Burger with Chips
Option 2	Quorn Escalope with Vegetable Rice	Lasagna with Garlic Bread	Spaghetti with Veggie Balls	Lamb Stew & Dumplings with Mashed Potatoes	Quorn Dippers with Chips
On the side	Sweetcorn	Roasted Mediterranean Vegetables	Green Beans	Tender stem Broccoli	Baked Beans
Salads	Salad Bar / Jacket & Pasta Station open	Salad Bar / Jacket & Pasta Station open	Salad Bar / Jacket & Pasta Station open	Salad Bar / Jacket & Pasta Station open	Salad Bar / Jacket & Pasta Station open
Dessert	Fruit Corner Yogurts	Melon Boats	Flapjack and Orange Quarters	Apple Cake & Cream	Ice Cream

★ DAILY OPTIONS: DAILY SALAD & SEASONAL FRESH FRUIT PLATTER • FRESH BREAD & YOGHURTS ★

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Halloumi Burger with Potato Wedges	Chilli Con Carne with Rice	Lamb Shanks with Roast Potatoes	Curry of the day with Rice	Southern Fried Chicken with Curly Fries
Option 2	Pizza with Potato wedges	Fish and chips	Roast Chicken with Roast Potatoes	Mac N Cheese with Crusty Bread	Panini With Side Salad
On the side	Roasted Cherry Tomatoes	Peas	Cabbage & Mashed Swede & Carrott	Garlic Mushrooms	Corn on the cob
Salads	Salad Bar / Jacket & Pasta Station open	Salad Bar / Jacket & Pasta Station open	Salad Bar / Jacket & Pasta Station open	Salad Bar / Jacket & Pasta Station open	Salad Bar / Jacket & Pasta Station open
Dessert	Water melon & Grapes	Jelly Pots	Sticky Toffee Pudding & Custard	Fresh Fruit Salad	Ice Cream

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