

LUNCH MENU - WEEK 1

Weeks Commencing: 01.09, 22.09,13.10, 10.11, 01.12

(v) vegetarian, (vg) vegan

	KITCHEN FAVOURITES	WORLD TOUR	MARKET FRESH	SOMETHING SWEET	
MONDAY	SOUP Carrot, & Coriander (vg) MAINS Malaysian Style Eggplant & Okra Curry (vg) Malaysian Chicken Curry (Kari Ayam) SIDES Steamed Rice(vg), Mango Chutney (vg), Long Bean Belacon Stir-fry (vg) Raita 3 (v) Naan 1 (vg)	ASIA Panko Fish Bite Taco 1,8 with Asian Slaw & Miso Mayo 6	JACKET AND PASTA BAR Jacket & Sweet Potatoes (vg) Pasta 1 (vg) Tomato and Basil (vg) Grated Cheddar 3, Parmesan 3, Garlic Bread 1 , Crispy Onions, Fresh Basil, Olive Oil Baked Beans (vg)	SALAD Puy Lentil Salad with Chickpea Harissa Dressing (vg) Classic Coleslaw (vg) Kachumber Salad(vg) Beetroot & Feta (vg) A selection of basic salads, Croutons 1 (vg) Toasted Seeds (vg)	Iced Raspberry & Lemon Sponge 1,2 (v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6 (v) Chia Overnight Oats 1 (vg)
TUESDAY	SOUP Tomato & Oregano (vg) MAINS Gochujang Veg Noodle Bowl (vg) Tuscan Meatballs Rigatoni Bake 1,2,3 SIDES Carrots (vg) Peas(vg)	ASIA Beef Noodle Laksa Bowl 1,6	JACKET AND PASTA BAR Jacket & Sweet Potatoes (vg) Pasta 1 (vg) Tomato & Mascarpone 3(v) One-pot Pasta Ragu 1 Grated Cheddar 3 Parmesan 3, Garlic Bread 1,Crispy Onions, Baked Beans (vg)	SALAD Herbed Black Rice(vg) Charred Corn Salad (vg) Zesty Coleslaw Tomato & Mozzarella 3 Tuna Nicoise 2,8 A selection of basic salads Croutons 1 Toasted Seeds	Chocolate Brownie 1,2,3,6 (v) Fruit Jelly Pots (v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6 (v) Chia Overnight Oats 1 (vg)
WEDNESDAY	SOUP Butterbean & Chunky Veg(vg) MAINS Roasted Squash & Mushroom Risotto(v) Maple Glazed Gammon with Caramelised Pineapple SIDES Roast Potatoes (vg), Glazed Carrots (vg), Mixed Greens (v) Yorkshire Pudding 1,2,3	AMERICAS Mexican Chicken Nachos 3 SIDES Guacamole(vg) Sour Cream 3 (v) Salsa (vg)	JACKET AND PASTA BAR Jacket & Sweet Potatoes (vg) Pasta 1 (vg) Creamy Pesto & Parmesan 1,3 Grated Cheddar 3, Parmesan 3, Garlic Bread 1, Crispy Onions Baked Beans (vg)	SALAD Quinoa Superfood Salad(vg) Pesto & Green Vegetable(vg) Cajun Slaw (vg) Balsamic Beetroot A selection of basic salads Croutons 1	Apple & Autumn Fruit Crumble & Custard 1,3 Fresh Fruit (vg) Yoghurt & Granola 1,3,6(v) Chia Overnight Oats 1 (vg)

LUNCH MENU - WEEK 1

Weeks Commencing: 01.09, 22.09,13.10, 10.11, 01.12

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THURSDAY

KITCHEN FAVOURITES

WORLD TOUR

MARKET FRESH

SOMETHING SWEET

FRIDAY

SOUP Creamy Sweet Potato & Red Pepper(v) MAINS Hunters Cauliflower 3 (v) Hunter’s Chicken 3 SIDES Roasted New Potatoes (vg), Buttered Corn on the Cob (v) Peas(vg)	SOUTH AMERICA MAINS Sticky Soy & Honey Pork Noodles 6 SIDES Steamed Bok Choi	JACKET AND PASTA BAR Jacket & Sweet Potatoes (vg) Pasta 1 (vg) Roasted Red Pepper & Tomato (vg) Grated Cheddar 3, Parmesan 3, Garlic Bread 1, Crispy Onions, Baked Beans (vg)	SALAD Roasted Garlic and Green Bean Salad (v) Caesar Salad (v) Tomato and Olive Pasta Salad 3(vg) Beetroot (vg) Hard Boiled Eggs 2 A selection of side salads	Rice Krispe Cake 1,3,6 (v) Fresh Fruit (vg) Yoghurt & Granola 1,6 (v) Chia Overnight Oats 1 (vg)
SOUP Roasted Parsnip & Honey (v) MAINS Piri Piri Tofu in Bao Bun 1, 6 (vg) Breaded Pollock 1,8 SIDES Skinny Fries(v) Tartare Sauce (v) Mushy Peas (vg) Baked Beans (vg), Chip Shop Curry Sauce (vg)	AFRICAS MAINS Churchandos Piri Piri Chicken SIDES AND SAUCES Chips (v), Mushy Peas (vg), Baked Beans (vg)Chip Shop Gravy (vg) Tartare (v)	JACKET BAR Jacket Potatoes (vg) Tuna Mayo 8 Baked Beans (vg) GRAB & GO Tomato, & Mozzarella Sourdough Brushetta(v) 1,3	SALAD Ranch Salad(v) Mixed Grain Salad(vg) Thyme Roasted Beetroot (vg) Edamame 6 (vg) A selection of side salads	Iced Cherry Bakewell Sponge 1,2,3 (v) Fresh Fruit (vg) Yoghurt & Granola 1,6 (v) Chia Overnight Oats 1 (vg)

ALLERGEN SYMBOLS:

1. Cereals containing gluten

2. Egg

3. Milk

4. Nuts

5. Peanuts

6. Soya

7. Sesame
8. Fish

9. Crustaceans

10. Celery

11. Mustard

12. Lupin

13. Molluscs

14. Sulphites

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LUNCH MENU - WEEK 2

Weeks Commencing: 08.09,29.09,20.10,17.11,08.12

(v) vegetarian, (vg) vegan

	KITCHEN FAVOURITES	WORLD TOUR	MARKET FRESH	SOMETHING SWEET	
MONDAY	SOUP Leek & Potato (vg) MAINS Tuscan Butterbean & Red Pepper Ragu(vg) Pasta Bolognaise 1 SIDES Garlic Bread 1 Broccoli Panzanella Salad 1	CARRIBEAN Jerk Chicken with Rice & Peas & Pineapple Salsa	JACKET BAR Jacket, Sweet & Hassleback Potatoes(vg) Grated Cheddar (v) 3 , Tuna Mayonnaise 2,8 Baked Beans (vg) Coronation Chicken Coleslaw	SALAD Broccoli, Red Onion & Feta 3 (v) Lebanese Fattoush 1 Hard Boiled Eggs 2 Beetroot (vg) Croutons 1 (v) Toasted Seeds	Iced Lemon & Blueberry Sponge 1,2 Fresh Fruit (vg) Yoghurt & Granola 1,3,6 (v) Chia Overnight Oats 1 (vg)
TUESDAY	SOUP Carrot & Ginger (vg) MAINS Plant Based Sausage 1,6(vg) with Root Veg Mash(v) Cumberland Sausage & Mash with Redcurrant & Sage Gravy 1,3,14 SIDES Mashed Potato(v)3, Carrots (vg) Seasonal Greens (vg)	ASIA Sweet & Sour Chicken 1 with Egg Fried Rice 2	JACKET AND PASTA BAR Jacket & Sweet Potatoes (vg) Pasta 1 (vg) Cheese Sauce 1,3(v) Grated Cheddar 3, Parmesan 3, Garlic Bread 1, Crispy Onions Baked Beans (vg)	SALAD Spiced Orzo Salad 1 (vg) Charred Cauliflower Salad(vg) Sweet Potato, Spinach With Mint & Yoghurt Dressing 3 Croutons 1 Toasted Seeds	Bakewell Blondie 1,2,3,6 (v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6 (v) Chia Overnight Oats 1 (vg)
WEDNESDAY	SOUP Indian Spiced Lentil (vg) MAINS Beetroot & Sweet Potato Wellington (v) Roast Loin of Pork with Apple Sauce SIDES Roast Potatoes (vg), Yorkshire Pudding 1,2,3 (v)Glazed Carrots (vg), Broccoli (vg)	AMERICAS MAINS Chilli Beef Burritos SIDES Sour Cream 3 (v) Guacamole (vg) Salsa (vg)	JACKET AND PASTA BAR Jacket & Sweet Potatoes (vg) Pasta 1 (vg) Spicy Tomato (vg) Grated Cheddar 3, Parmesan 3, Garlic Bread 1, Crispy Onions, Baked Beans (vg)	SALAD Greek Salad 3 (v) Roast Squash & barley 1 (vg) Cajun Slaw (vg) Pasta Salad 1 Croutons 1 Toasted Seeds	Homemade Chocolate Sponge & Custard 1,2,3 (v) Fruit Jelly Pots (v) Fresh Fruit (vg) Yoghurt & Granola 1,3.6 (v) Chia Overnight Oats 1 (vg)

LUNCH MENU - WEEK 2

Weeks Commencing: 08.09,29.09,20.10,17.11,08.12

(v) vegetarian, (vg) vegan

THURSDAY

KITCHEN FAVOURITES

WORLD TOUR

MARKET FRESH

SOMETHING SWEET

FRIDAY

SOUP Roasted Root Vegetable (vg) MAINS Sweet Potato, Squash & Carrot Katsu Curry¹ (vg) Katsu Chicken SIDES Rice Stir-fried Greens	MIDDLE EAST MAINS Lamb Kofta Kebab Pitta Bread ¹ Cos Lettuce Minted Yoghurt ³ Chilli Sauce Bejewelled Couscous ¹	JACKET AND PASTA BAR Jacket & Sweet Potatoes (vg) Pasta ¹(vg) Tomato & Mascarpone ³ (v) Grated Cheddar ³, Parmesan ³, Garlic Bread ¹, Crispy Onions, Fresh Basil, Olive Oil Baked Beans (vg)	SALAD Tabbouleh ¹ (v) Watermelon & Feta ³ (v) Beetroot & Feta ³ (v), Croutons ¹ Toasted Seeds	Carrot Cake ^{1,2,3,14} (v) Fresh Fruit (vg) Yoghurt & Granola ^{1,3,6} (v) Chia Overnight Oats¹ (vg)
SOUP Vine Tomato & Pesto Soup (vg) MAINS Homemade Bean Burger with Cheese ^{1, 3} (vg) Battered Pollock ^{1,8} SIDES Skinny Fries(v) Tartare Sauce (v) Mushy Peas (vg) Baked Beans (vg), Chip Shop Curry Sauce (vg)	AMERICAS MAINS Cheeseburger in a Brioche Bun ^{1, 10,3} SIDES AND SAUCES Chips (v), Mushy Peas (vg), Baked Beans (vg)Chip Shop Gravy (vg) Tartare (v)	JACKET BAR Jacket & Sweet Potatoes (vg) Tuna Mayo ⁸ Baked Beans (vg) GRAB & GO Pulled Pork Bao Bun with Pickled Vegetables & Crispy Onions ^{1,6}	SALAD Coleslaw(vg) Wild Rice & Cinnamon Glazed Sweet Potato(vg) (vg), Edamame (vg), Sliced Red Cabbage (vg) Croutons ¹ Toasted Seeds	Multiseed Flapjack ¹ (v) Oreo Cheesecake ^{1,3} (v) Fresh Fruit (vg) Yoghurt & Granola ^{1,3,6} (v) Chia Overnight Oats¹ (vg)

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LUNCH MENU - WEEK 3

Weeks Commencing: 15.09,06.10,03.11,24.11

(v) vegetarian, (vg) vegan

KITCHEN FAVOURITES

WORLD TOUR

MARKET FRESH

SOMETHING SWEET

MONDAY

SOUP Curried Sweet Potato & Lentil (vg) MAINS Chunky Roasted Veg Pesto Pasta Bake 1,3 (v) Mozzarella, Salsiccia & Rigatoni Pasta Bake 1, 3, 14 SIDES Garlic Bread 1,3(v) Tossed Salad (vg) Chilli Sweetcorn (vg)	SOUTH AMERICAN Korean Style Pulled Beef Soft Taco with Picked Veg 1	JACKET BAR Jacket & Sweet Potatoes (vg) Baked Sweet Potato (vg) Hasselback Potato (vg) Grated Cheddar3, Baked Beans (vg) Coronation Chicken	SALAD Freekeh with Cherry Tomato 1 (vg) Roasted Carrot, Cauliflower & Maple Dressing(v) Beetroot (vg) Croutons 1 (v) Toasted Seeds	Raspberry Ripple Sponge 1,2,(v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6(v) Chia Overnight Oats 1 (vg)
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TUESDAY

SOUP Roast Tomato & Basil (vg) MAINS Fully Loaded Roasted Vegetable & Black Bean Burrito 1 (vg) Warm Chicken Caesar Salad SIDES Sweetcorn & Mixed Peppers	EUROPEAN Pork Gyros 3 Khobez Bread 1 Tzatziki 3 Greek Salad 3	JACKET AND PASTA BAR Jacket & Sweet Potatoes (vg) Pasta 1 (vg) Carbonara 1,3 Grated Cheddar 3 Parmesan 3, Garlic Bread 1 Crispy Onions, Fresh Basil, Olive Oil Baked Beans (vg)	SALAD Mexican Corn & Bean Salad(vg) Pesto Pasta Salad 1(vg) Classic Slaw (v) Minted Peas(vg), Croutons Toasted Seeds	Choc chip Shortbread 1,3,6(v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6 (v) Chia Overnight Oats1 (vg)
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WEDNESDAY

SOUP Butternut Squash & Apple (vg) MAINS Tomato & Basil Risotto with Toasted Seeds & Basil Oil 3 (v) Slow Roasted Beef Brisket SIDES Yorkshire Pudding 1,2,3 (V) Roast Potatoes (V) Carrots (VG) Stir-fried Cabbage (VG)	ASIA Spring Roll with Curry Sauce & Fried Rice 1 (V)	JACKET AND PASTA BAR Jacket & Sweet Potatoes (vg) Pasta 1(vg) Spiced Tomato Sauce 3 Grated Cheddar 3 Parmesan 3, Garlic Bread 1, Crispy Onions, Baked Beans (vg)	SALAD Spanish Salad with Oranges (vg) Celeriac & Apple Salad(vg) Coronation Chickpeas Croutons Toasted Seeds	Apple & Cinnamon Crumble & Custard 1,3(v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6 (v) Chia Overnight Oats 1 (vg)
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LUNCH MENU - WEEK 3

Weeks Commencing: : 15.09,06.10,03.11,24.11

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THURSDAY

KITCHEN FAVOURITES

WORLD TOUR

MARKET FRESH

SOMETHING SWEET

FRIDAY

SOUP Mexican Hot Bean MAINS Roasted Vegetable Lasagne 1 (vg) Lean & Green Lasagne 1,3 SIDES Garlic Bread 1 Italian Salad 3 Peas & Corn	ASIA MAINS Chicken Enchilada 1,3 Sour Cream 3 Guacamole Salsa	JACKET AND PASTA BAR Jacket & Sweet Potatoes (vg) Pasta 1 (vg) Cheese Sauce 1,3(v) Grated Cheddar 3 Crispy Bacon, Pangritata 1 Parmesan 3, Garlic Bread, 1 Crispy Onions Baked Beans (vg)	SALAD Chinese Noodle 1 (v) Broccoli, Kale & Mixed Quinoa 1 (vg) Beetroot (vg), Edamame 6 Croutons 1 Toasted Seeds	Sticky Toffee Sponge 1,2,3(v) Fruit Jelly Pots (v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6(v) Chia Overnight Oats1 (vg)
SOUP Sweetcorn Chowder (vg) MAINS Hot Honey Haloumi Wrap 1,3 Breaded Pollock 1,8 SIDES Skinny Fries(v) Tartare Sauce (v) Mushy Peas (vg) Baked Beans (vg), Chip Shop Curry Sauce (vg)	AMERICAS MAINS Chicken & Bacon Ranch Sliders 1,3 SIDES AND SAUCES Chips (v), Mushy Peas (vg), Baked Beans (vg)Chip Shop Gravy (vg) Tartare (v)	JACKET BAR Jacket & Sweet Potatoes (vg) Tuna Mayo 8 Baked Beans (vg) GRAB & GO Loaded Mezzluna 1,3	SALAD Zesty Puy Lentil(vg) Edamame, Green Bean & Cucumber Salad 6(vg) Thyme Roasted Beetroot (vg) Pesto Pasta Salad 1 Croutons 1 Toasted Seeds	Cookies 1,2,3,6(v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6(v) Chia Overnight Oats1 (vg)

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