

# LUNCH MENU - WEEK 1

Weeks Commencing: 06.01, 26.01, 16.02, 09.03

(v) vegetarian, (vg) vegan

## KITCHEN FAVOURITES

MONDAY

<b>SOUP</b> Carrot, & Ginger (vg)
<b>MAINS</b> Lentil Dhal with Wasteless Vegetable Bhaji (vg)
Chicken Tikka Masala
<b>SIDES</b> Rice(vg), Mango Chutney (vg), Charred Cauliflower & Beans (vg) Raita (v) Poppadum 1 (vg)

TUESDAY

<b>SOUP</b> Roasted Tomato and Pesto (vg)
<b>MAINS</b> Vegetarian Cumberland Style Sausage(vg)
Cumberland Sausage, & Mash with Redcurrant and Rosemary Gravy 1,2
<b>SIDES</b> Sauté Carrots, Leeks and Peas

WEDNESDAY

<b>SOUP</b> Creamy Leek, Potato and Thyme (vg)
<b>MAINS</b> Roasted Hassleback Squash and Feta with Chimichurri (v)
Maple and Pineapple Glazed Gammon
<b>SIDES</b> Roast Potatoes (vg), Carrots (vg), Cauliflower Cheese 1,3 (v) Yorkshire Pudding 1,2,3

## WORLD TOUR

<b>ASIA</b>
Crispy Cod Taco 1,8 with a Zingy Fruity Slaw and lime, siracha mayo 6 Crispy Potatoes

## MARKET FRESH

<b>JACKET AND PASTA BAR</b>
Jacket Potatoes (vg)
Pasta 1 (vg)
Tomato and Basil (vg)
Grated Cheddar 3, Parmesan 3, Garlic Bread 1, Crispy Onions, Basil Pesto, Olive Oil
Baked Beans (vg)

<b>SALAD</b>
Coz Lettuce Parmesan and croutons with a Caesar Dressing
Cherry Tomato & Olive Pasta Salad with Chives
Roasted pumpkin with Miso Feta and Greens

## SOMETHING SWEET

Iced Raspberry Ripple Sponge 1,2,3,6 (v)
Fresh Fruit (vg)
Yoghurt & Granola 1,3,6(v)
Chia Overnight Oats (vg)

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## KITCHEN FAVOURITES

THURSDAY

<b>SOUP</b>
Roasted Cauliflower Cheese Soup (v)
<b>MAINS</b>
Crispy Tofu Bites with Spring Onions Green Beans, Broccoli, Steamed Rice with Sticky Orange & Black Pepper Sauce
Best Mac Cheese 3,1
<b>SIDES</b>
Roasted Broccoli with Lemon (v) Charred Sweetcorn Slaw (vg)

FRIDAY

<b>SOUP</b>
Sweetcorn and Potato Chowder with Crispy Bacon Bits (v)
<b>MAINS</b>
Build your own Falafel Gyros with Beetroot Hummus Minted Yoghurt, Greens and Flat Bread 1,3(vg)
Freshly Battered Pollock 1,8
<b>SIDES</b>
Skinny Fries(v) Tartare Sauce (v) Mushy Peas (vg) Baked Beans (vg), Chip Shop Curry Sauce (vg)

## WORLD TOUR

<b>ASIA</b>
<b>MAINS</b>
Korean BBQ Chicken With Mixed Peppers

<b>SIDES</b>
Chinese Noodles

## MARKET FRESH

<b>JACKET AND PASTA BAR</b>
Jacket Potatoes (vg)
Pasta 1 (vg)
Roasted Red Pepper & Tomato (vg)
Grated Cheddar 3, Parmesan 3, Garlic Bread 1, Crispy Onions, Basil Pesto, Olive Oil
Baked Beans (vg)

<b>SALAD</b>
Green Beans with Garlic & Red Pepper
Celeriac and Apple remoulade
Quinoa, Chickpea with Pomegranate molasses

## SOMETHING SWEET

Biscoff Sponge 1,2,3 (v)
Fresh Fruit (vg)
Yoghurt & Granola 1,6(v)
Chia Overnight Oats (vg)

### Daily Salad Bar

Mixed Leaf Salad.(vg) Tomatoes(vg)  
Cucumber Chunks(vg)  
Coleslaw(vg) 3  
Croutons. Toasted Seeds.  
Crispy Onions

### ALLERGEN SYMBOLS:

1. Cereals containing gluten	8. Fish
2. Egg	9. Crustaceans
3. Milk	10. Celery
4. Nuts	11. Mustard
5. Peanuts	12. Lupin
6. Soya	13. Molluscs
7. Sesame	14. Sulphites

This should be used for guidance only and pupils with food allergens and intolerances should continue to use the allergen counter.