

LUNCH MENU - WEEK 1

Weeks Commencing: 06.01,26.01, 16.02,09.03

(v) vegetarian, (vg) vegan

MONDAY

KITCHEN FAVOURITES

WORLD TOUR

MARKET FRESH

SOMETHING SWEET

<p>SOUP</p> <p>Carrot, & Ginger (vg)</p> <p>MAINS</p> <p>Lentil Dhal with Wasteless Vegetable Bhaji (vg)</p> <p>Chicken Tikka Masala</p> <p>SIDES</p> <p>Rice(vg), Mango Chutney (vg), Charred Cauliflower & Beans (vg) Raita (v) Poppadum 1 (vg)</p>	<p>ASIA</p> <p>Crispy Cod Taco 1,8 with a Zingy Fruity Slaw and lime, siracha mayo 6</p> <p>Crispy Potatoes</p>	<p>JACKET AND PASTA BAR</p> <p>Jacket Potatoes (vg)</p> <p>Pasta 1 (vg)</p> <p>Tomato and Basil (vg)</p> <p>Grated Cheddar 3, Parmesan 3, Garlic Bread 1, Crispy Onions, Basil Pesto, Olive Oil</p> <p>Baked Beans (vg)</p>	<p>SALAD</p> <p>Coz Lettuce Parmesan and croutons with a Caesar Dressing</p> <p>Cherry Tomato & Olive Pasta Salad with Chives</p> <p>Roasted pumpkin with Miso Feta and Greens</p>	<p>Iced Raspberry Ripple Sponge 1,2,3,6 (v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt & Granola 1,3,6(v)</p> <p>Chia Overnight Oats (vg)</p>
<p>SOUP</p> <p>Roasted Tomato and Pesto (vg)</p> <p>MAINS</p> <p>Vegetarian Cumberland Style Sausage(vg)</p> <p>Cumberland Sausage, & Mash with Redcurrant and Rosemary Gravy 1,2</p> <p>SIDES</p> <p>Sauté Carrots, Leeks and Peas</p>	<p>Asia</p> <p>Sweet & Sour Chicken with Egg Fried Rice 1,6</p> <p>Prawn Crackers</p>	<p>JACKET AND PASTA BAR</p> <p>Jacket Potatoes (vg)</p> <p>Pasta 1 (vg)</p> <p>Tomato & Mascarpone 3(v)</p> <p>Grated Cheddar 3 Parmesan 3, Garlic Bread 1, Crispy Onions, Basil Pesto, Olive Oil</p> <p>Baked Beans (vg)</p>	<p>SALAD</p> <p>Roasted Sweet Potato Tabouleh</p> <p>Kale Salad with Citrus dressing</p> <p>Greek Salad</p>	<p>Lemon Drizzle1,2,3,14(v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt & Granola 1,3,6(v)</p> <p>Chia Overnight Oats (vg)</p>
<p>SOUP</p> <p>Creamy Leek , Potato and Thyme (vg)</p> <p>MAINS</p> <p>Roasted Hassleback Squash and Feta with Chimichurri (v)</p> <p>Maple and Pineapple Glazed Gammon</p> <p>SIDES</p> <p>Roast Potatoes (vg), Carrots (vg), Cauliflower Cheese 1,3 (v) Yorkshire Pudding 1,2,3</p>	<p>AMERICAS</p> <p>Beef and Black Bean Chilli with Nachos</p> <p>SIDES</p> <p>Guacamole(vg)</p> <p>Sour Cream 3 (v) Salsa (vg)</p>	<p>JACKET AND PASTA BAR</p> <p>Jacket Potatoes (vg)</p> <p>Pasta 1(vg)</p> <p>Creamy Pesto & Parmesan 1,3</p> <p>Grated Cheddar 3, Parmesan 3, Garlic Bread 1, Crispy Onions, Basil Pesto, Olive Oil</p> <p>Baked Beans (vg)</p>	<p>SALAD</p> <p>Sumac Charred Cauliflower with Roasted red onions Coriander and Mint</p> <p>Cous Cous with Crunchy Seeds and Dried Fruits</p> <p>Beetroot and Celeriac Slaw</p>	<p>Toffee Apple Oat Crumble with Custard 1,3 (v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt & Granola 1,3,6(v)</p> <p>Chia Overnight Oats (vg)</p>

TUESDAY

WEDNESDAY

ALLERGENS: If you have an allergy or intolerance, please speak to a member of our catering team before you consume any food or drink. The written allergen information that we provide details the 14 major allergens that are contained in the ingredients. If you require further information about the presence of unintentional allergens (may contains), please ask us so that we can help you with your choice. If you are a regular customer, please continue to ask a member of our team as recipes and ingredients change.

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	KITCHEN FAVOURITES	WORLD TOUR	MARKET FRESH	SOMETHING SWEET	
THURSDAY	<p>SOUP</p> <p>Roasted Cauliflower Cheese Soup (v)</p> <p>MAINS</p> <p>Crispy Tofu Bites with Spring Onions Green Beans ,Broccoli Steamed Rice with Sticky Orange & Black Pepper Sauce</p> <p>Best Mac Cheese 3,1</p> <p>SIDES</p> <p>Roasted Broccoli with Lemon (v) Charred Sweetcorn Slaw (vg)</p>	<p>ASIA</p> <p>MAINS</p> <p>Korean BBQ Chicken With Mixed Peppers</p> <p>SIDES</p> <p>Chinese Noodles</p>	<p>JACKET AND PASTA BAR</p> <p>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)</p>	<p>SALAD</p> <p>Green Beans with Garlic & Red Pepper</p> <p>Celeriac and Apple remoulade</p> <p>Quinoa, Chickpea with Pomegranate molasses</p>	<p>Biscoff Sponge 1,2,3 (v) Fresh Fruit (vg) Yoghurt & Granola 1,6(v) Chia Overnight Oats (vg)</p>
FRIDAY	<p>SOUP</p> <p>Sweetcorn and Potato Chowder with Crispy Bacon Bits (v)</p> <p>MAINS</p> <p>Build your own Falafel Gyros with Beetroot Hummus Minted Yoghurt , Greens and Flat Bread 1, 3(vg)</p> <p>Freshly Battered Pollock 1,8</p> <p>SIDES</p> <p>Skinny Fries(v) Tartare Sauce (v) Mushy Peas (vg) Baked Beans (vg), Chip Shop Curry Sauce (vg)</p>	<p>EUROPEAN</p> <p>MAINS</p> <p>Churchandos Lemon and Herb Chicken</p> <p>SIDES AND SAUCES</p> <p>Chips (v), Mushy Peas (vg), Baked Beans (vg)Chip Shop Gravy (vg) Tartare (v)</p>	<p>JACKET BAR</p> <p>Jacket Potatoes (vg) Tuna Mayo 8 Baked Beans (vg)</p> <p>GRAB & GO</p> <p>Loaded Tater Tots Chilli Salsa Harissa Mayonnaise 2 Spring & Crispy Onions</p>	<p>SALAD</p> <p>Tyme Roasted Beetroot</p> <p>Cowboy Salad</p> <p>Red Cabbage Salad</p>	<p>Oreo Cheesecake 1,2,3,6(v) Yoghurt & Granola 1,6(v) Chia Overnight Oats (vg)</p>

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
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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pupils with food allergens and intolerances
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