

# LUNCH MENU - WEEK 2

Weeks Commencing: 12.01,02.02,,23.02,16.03

(v) vegetarian, (vg) vegan

## MONDAY

### KITCHEN FAVOURITES

#### SOUP

Pea and Watercress (vg)

#### MAINS

Carbono Cero Tuscan Butterbean & Red Pepper Ragu(vg)

Pasta Bolognaise 1

#### SIDES

Garlic Bread 1

Broccoli

Panzanella Salad 1

### WORLD TOUR

#### Asia

Chargrilled Chicken Thigh with Miso and Honey

#### SIDES

Citrus and Herb Brown Rice

Kale and Broccoli

### MARKET FRESH

#### JACKET AND PASTA BAR

Hassleback Pototato

Sweet Potato

Jacket Potatoes (vg)

Grated Cheddar 3

Tuna Mayonnaise 2,8

Baked Beans (vg)

#### SALAD

Sweet Potato & Spinach with Minted Yoghurt

Broccoli, Red Onion & Feta

Green Vegetable Salad with Pesto

### SOMETHING SWEET

Toffee iced Banana Cake1,2,3,6 (v)

Fresh Fruit (vg)

Yoghurt & Granola 1,3,6 (v)

Chia Overnight Oats (vg)

## TUESDAY

#### SOUP

Vegetable Pistou with Orzo (vg)

#### MAINS

Battered Cauliflower bites with Miso and spring onion Mayo and crispy kale 1, 6

Warm Chicken Caesar Salad 1, 2, 3, 8

#### SIDES

Herby Crisp Parmentier Corn

#### AMERICAS

Pork Carnitas, Soft Tacos with Pico de Gallo and Avocado Sour Cream

#### Sides

Parmentier Potatoes  
Corn

#### JACKET AND PASTA BAR

Jacket Potatoes (vg)

Pasta 1 (vg)

Cheese Sauce 1,3(v)

Grated Cheddar 3,  
Parmesan 3, Garlic  
Bread 1, Crispy Onions,  
Basil Pesto, Olive Oil

Baked Beans (vg)

#### SALAD

Roast Carrot & Lentil Salad

Black Rice salad with fresh Herbs and Cherry Tomato

Ranch Salad

Seeded Flapjack 1,2,3 (v)

Fresh Fruit (vg)

Yoghurt & Granola 1,3,6 (v)

Chia Overnight Oats (vg)

## WEDNESDAY

#### SOUP

Broccoli and Cheddar 3 (v)

#### MAINS

Goats cheese and Red Onion Tart 1,3 (v)

Roast Turkey Crown & Yorkshire Pudding with Cranberry Sauce

#### SIDES

Roast Potatoes (vg), Glazed Carrots (vg), Peas and Cabbage (vg)  
Yorkshire Pudding 1, 2, 3 (vg)

#### Asia

Slow Cooked Beef Korma

#### SIDES

Pilau Rice

Minted Yoghurt 3

Naan 1

#### JACKET AND PASTA BAR

Jacket Potatoes (vg)

Pasta 1 (vg)

Spicy Tomato (vg)

Grated Cheddar 3,  
Parmesan 3, Garlic  
Bread 1, Crispy Onions,  
Basil Pesto, Olive Oil

Baked Beans (vg)

#### SALAD

Mixed Bean and Spring Onion

Roast Butternut Squash with Edamame Beans and Red Pepper

Chocolate Sponge with Chocolate Sauce 1,2,3 (v)

Fresh Fruit (vg)

Yoghurt & Granola 1,3,6 (v)

Chia Overnight Oats (vg)

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	KITCHEN FAVOURITES	WORLD TOUR	MARKET FRESH	SOMETHING SWEET	
THURSDAY	<p><b>SOUP</b></p> <p>Roasted Root Vegetable (vg)</p> <p><b>MAINS</b></p> <p>Katsu Sweet Potato 1 (vg)</p> <p>Katsu Chicken 1,2,3</p> <p><b>SIDES</b></p> <p>Steamed Rice</p> <p>Japanese Slaw</p> <p>Stir-fried Greens</p>	<p><b>ASIA</b></p> <p><b>MAINS</b></p> <p>Teriyaki Pork with Stir-fried Vegetables and Noodles</p> <p><b>SIDES</b></p> <p>Egg Noodles 1,3</p>	<p><b>JACKET AND PASTA BAR</b></p> <p>Jacket Potatoes (vg)</p> <p>Pasta 1(vg)</p> <p>Tomato &amp; 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><b>SALAD</b></p> <p>Spiced Orzo Salad</p> <p>Butternut Squash and Sweet Potato with Barley</p> <p>Salad Nicoise</p> <p>Peas</p>	<p>Carrot Cake 1,2,3 (v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt &amp; Granola 1,3,6 (v)</p> <p>Chia Overnight Oats (vg)</p>
FRIDAY	<p><b>SOUP</b></p> <p>Noodle soup with Coconut and Lemongrass 1 (vg)</p> <p><b>MAINS</b></p> <p>Spicy Bean Burger 1 (vg)</p> <p>Breaded Pollock 1,8</p> <p><b>SIDES</b></p> <p>Skinny Fries(v) Tartare Sauce (v)</p> <p>Mushy Peas (vg) Baked Beans (vg), Chip Shop Curry Sauce (vg)</p>	<p><b>AMERICAS</b></p> <p><b>MAINS</b></p> <p>Cheeseburger in a Brioche Bun 1, 10,3</p> <p><b>SIDES AND SAUCES</b></p> <p>Skinny Fries (v), Mushy Peas (vg), Baked Beans (vg)Chip Shop Gravy (vg) Tartare (v)</p>	<p><b>JACKET BAR</b></p> <p>Jacket Potatoes (vg)</p> <p>Tuna Mayo 8</p> <p>Baked Beans (vg)</p> <p><b>GRAB &amp; GO</b></p> <p>Loaded Mezzaluna 1,3</p>	<p><b>SALAD</b></p> <p>Mixed Vegetables with Rocket &amp; Wholegrain Mustard</p> <p>Carraway Carrot with Beetroot &amp; Potato</p> <p>Fennel &amp; Orange Salad</p>	<p>Shortbread 1 (v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt &amp; Granola 1,3,6 (v)</p> <p>Chia Overnight Oats (vg)</p>

<p><b><u>Daily Salad Bar</u></b></p> <p>Mixed Leaf Salad.(vg) Tomatoes(vg)</p> <p>Cucumber Chunks(vg)</p> <p>Coleslaw(vg) 3</p> <p>Croutons. Toasted Seeds.</p> <p>Crispy Onions</p>
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<p><b><u>ALLERGEN SYMBOLS:</u></b></p> <p>1. Cereals containing gluten</p> <p>2. Egg</p> <p>3. Milk</p> <p>4. Nuts</p> <p>5. Peanuts</p> <p>6. Soya</p> <p>7. Sesame</p> <p>8. Fish</p> <p>9. Crustaceans</p> <p>10. Celery</p> <p>11. Mustard</p> <p>12. Lupin</p> <p>13. Molluscs</p> <p>14. Sulphites</p>
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<p>This should be used for guidance only and pupils with food allergens and intolerances should continue to use the allergen counter.</p>
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