

LUNCH MENU - WEEK 2

Weeks Commencing: 12.01,02.02,,23.02,16.03

(v) vegetarian, (vg) vegan

KITCHEN FAVOURITES

MONDAY

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

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

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)

WORLD TOUR

MONDAY

Asia Chargrilled Chicken Thigh with Miso and Honey
SIDES Citrus and Herb Brown Rice Kale and Broccoli

TUESDAY

AMERICAS Pork Carnitas, Soft Tacos with Pico de Gallo and Avocado Sour Cream
Sides Parmentier Potatoes Corn

WEDNESDAY

Asia Slow Cooked Beef Korma
SIDES Pilau Rice Minted Yoghurt 3 Naan 1

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
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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

SOMETHING SWEET

Toffee iced Banana Cake 1,2,3,6 (v)
Fresh Fruit (vg)
Yoghurt & Granola 1,3,6 (v)

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

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

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	KITCHEN FAVOURITES	WORLD TOUR	MARKET FRESH	SOMETHING SWEET
THURSDAY	<p>SOUP Roasted Root Vegetable (vg)</p> <p>MAINS Katsu Sweet Potato 1 (vg) Katsu Chicken 1,2,3</p> <p>SIDES Steamed Rice Japanese Slaw Stir-fried Greens</p>	<p>ASIA MAINS Teriyaki Pork with Stir-fried Vegetables and Noodles</p> <p>SIDES Egg Noodles 1,3</p>	<p>JACKET AND PASTA BAR Jacket Potatoes (vg) Pasta 1(vg) Tomato & Mascarpone 3 (v) Grated Cheddar 3, Parmesan 3, Garlic Bread 1, Crispy Onions, Basil Pesto, Olive Oil Baked Beans (vg)</p>	<p>SALAD Spiced Orzo Salad Butternut Squash and Sweet Potato with Barley Salad Nicoise Peas</p>
FRIDAY	<p>SOUP Noodle soup with Coconut and Lemongrass 1 (vg)</p> <p>MAINS Spicy Bean Burger 1 (vg) Breaded Pollock 1,8</p> <p>SIDES Skinny Fries(v) Tartare Sauce (v) Mushy Peas (vg) Baked Beans (vg), Chip Shop Curry Sauce (vg)</p>	<p>AMERICAS MAINS Cheeseburger in a Brioche Bun 1, 10,3</p> <p>SIDES AND SAUCES Skinny Fries (v), Mushy Peas (vg), Baked Beans (vg) Chip Shop Gravy (vg) Tartare (v)</p>	<p>JACKET BAR Jacket Potatoes (vg) Tuna Mayo 8 Baked Beans (vg)</p> <p>GRAB & GO Loaded Mezzaluna 1,3</p>	<p>SALAD Mixed Vegetables with Rocket & Wholegrain Mustard Caraway Carrot with Beetroot & Potato Fennel & Orange Salad</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	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.