

LUNCH MENU - WEEK 3

Weeks Commencing: 19.01,09.02, 02.03,,23.03

(v) vegetarian, (vg) vegan

	KITCHEN FAVOURITES	WORLD TOUR	MARKET FRESH	SOMETHING SWEET
MONDAY	<p>SOUP Tomato & Basil (vg)</p> <p>MAINS Vegetarian 'Meatballs' 1, 3 (v) Tuscan Meatball Pasta Bake 1, 3</p> <p>SIDES Broccoli (vg) Carrots(vg),</p>	<p>ASIA</p> <p>MAINS Tandoori Loaded Naan 1</p> <p>SIDES Mango Chutney Raita 3 Turmeric Steamed Rice</p>	<p>JACKET AND PASTA BAR</p> <p>Hasselback, Sweet & Jacket Potatoes (vg) Grated Cheddar 3, Parmesan 3, Garlic Bread 1, Crispy Onions, Basil Pesto, Olive Oil Baked Beans (vg) Tuna 2, 8</p>	<p>SALAD</p> <p>Lentil, Red Pepper and Feta Mexican Sweetcorn salad with Avocado Broccoli, Mixed Grain and Mint</p> <p>Tiffin 1,2,3(v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6(v) Chia Overnight Oats (vg)</p>
TUESDAY	<p>SOUP Sweet Potato & Pepper (vg)</p> <p>MAINS Fully Loaded Roasted Vegetable & Black Bean Burrito with Chilli & Lime 1 (vg) Mexican Chicken Nacho Bake 3</p> <p>SIDES Sour Cream 3 Guacamole Salsa Grated Cheese 3</p>	<p>AMERICAS</p> <p>BBQ Sloppy Joes with Jacket Wedges, Spiced slaw Corn Cobbs</p>	<p>JACKET AND PASTA BAR</p> <p>Jacket Potatoes (vg) Pasta 1 (vg) Tomato and cream cheese sauce Grated Cheddar 3 Parmesan 3, Garlic Bread 1 Crispy Onions, Basil Pesto, Olive Oil Baked Beans (vg)</p>	<p>SALAD</p> <p>Salad Caprese Carrot, Beetroot and Caraway with Potato Spinach and Crispy Chickpeas with Mongo Chunks</p> <p>Victoria Sponge 1,2,3(v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6 (v) Chia Overnight Oats (vg)</p>
WEDNESDAY	<p>SOUP Thai spiced Butternut Squash and coconut (vg)</p> <p>MAINS Slow Roasted Squash & Mushroom Risotto With Crispy Sage (v) Toad in the Hole with Onion Gravy 1, 2, 3, 14</p> <p>SIDES Roast Potatoes (vg) Cabbage, Leeks and Peas</p>	<p>ASIA</p> <p>Spring rolls with Sweet and Sour Sauce 1 Vegetable Fried Rice Prawn Crackers</p>	<p>JACKET AND PASTA BAR</p> <p>Jacket Potatoes (vg) Pasta 1(vg) Tomato and Basil Grated Cheddar 3 Parmesan 3, Garlic Bread 1, Crispy Onions, Basil Pesto, Olive Oil Baked Beans (vg)</p>	<p>SALAD</p> <p>Cucumber, Cherry tomato with black bean with Chilli lime and mint Roasted Root Vegetables with Mixed Rice</p> <p>Apple Raspberry Crumble with Custard 1,3,(v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6 (v) Chia Overnight Oats (vg)</p>

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 Mexican Hot Bean with Tortilla</p> <p>MAINS Roasted Vegetable Lasagne 1 (vg) Lean & Green Lasagne 1,3</p> <p>SIDES Garlic Bread 1 Italian Salad 3 Green Beans (vg) Sweetcorn (vg)</p>	<p>EUROPE MAINS Slow cooked Pork Stroganoff with Braised Rice and Sour Cream 3</p> <p>Green Beans (vg) Sweetcorn (vg)</p>	<p>JACKET AND PASTA BAR Jacket Potatoes (vg) Pasta 1 (vg) Very Cheesy Sauce 1,3(v) Grated Cheddar 3 Crispy Bacon, Pangritata 1 Parmesan 3, Garlic Bread, 1 Crispy Onions, Basil Pesto, Olive Oil Baked Beans (vg)</p>	<p>SALAD Mediterranean Herb Salad with Halloumi Courgette and Carrot Ribbons pickled salad Shaved Sprouts with Cranberry and Toasted Sunflower Seeds and Chives</p>
FRIDAY	<p>SOUP Waste Less Vegetable</p> <p>MAINS Freshly Battered 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 Spiced BBQ Chicken Bun with Coleslaw 1</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 Pulled Pork Bao Buns with Pickled Slaw 1,6 Spring Onion with Cucumber & Crispy Onions</p>	<p>SALAD Roasted Beet Salad with Goats Cheese, Shallots and Spinach Green Beans & Radicchio with Dijon and Fresh Tarragon Dressing</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.