

# 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><b>SOUP</b></p> <p>Tomato &amp; Basil (vg)</p> <p><b>MAINS</b></p> <p>Vegetarian ‘Meatballs’ 1, 3 (v)</p> <p>Tuscan Meatball Pasta Bake 1, 3</p> <p><b>SIDES</b></p> <p>Broccoli (vg)</p> <p>Carrots(vg),</p>	<p><b>ASIA</b></p> <p><b>MAINS</b></p> <p>Tandoori Loaded Naan 1</p> <p><b>SIDES</b></p> <p>Mango Chutney</p> <p>Raita 3</p> <p>Turmeric Steamed Rice</p>	<p><b>JACKET AND PASTA BAR</b></p> <p>Hasselback, Sweet &amp; Jacket Potatoes (vg)</p> <p>Grated Cheddar3, Parmesan 3, Garlic Bread 1, Crispy Onions, Basil Pesto, Olive Oil</p> <p>Baked Beans (vg)</p> <p>Tuna 2, 8</p>	<p><b>SALAD</b></p> <p>Lentil, Red Pepper and Feta</p> <p>Mexican Sweetcorn salad with Avocado</p> <p>Broccoli, Mixed Grain and Mint</p>	<p>Tiffin 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>
TUESDAY	<p><b>SOUP</b></p> <p>Sweet Potato &amp; Pepper (vg)</p> <p><b>MAINS</b></p> <p>Fully Loaded Roasted Vegetable &amp; Black Bean Burrito with Chilli &amp; Lime 1 (vg)</p> <p>Mexican Chicken Nacho Bake 3</p> <p><b>SIDES</b></p> <p>Sour Cream 3</p> <p>Guacamole</p> <p>Salsa</p> <p>Grated Cheese 3</p>	<p><b>AMERICAS</b></p> <p>BBQ Sloppy Joes with Jacket Wedges, Spiced slaw</p> <p>Corn Cobbs</p>	<p><b>JACKET AND PASTA BAR</b></p> <p>Jacket Potatoes (vg)</p> <p>Pasta 1 (vg)</p> <p>Tomato and cream cheese sauce</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>Salad Caprese</p> <p>Carrot, Beetroot and Carraway with Potato</p> <p>Spinach and Crispy Chickpeas with Mongo Chunks</p>	<p>Victoria Sponge1,2,3(v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt &amp; Granola 1,3,6 (v)</p> <p>Chia Overnight Oats (vg)</p>
WEDNESDAY	<p><b>SOUP</b></p> <p>Thai spiced Butternut Squash and coconut (vg)</p> <p><b>MAINS</b></p> <p>Slow Roasted Squash &amp; Mushroom Risotto With Crispy Sage (v)</p> <p>Toad in the Hole with Onion Gravy 1, 2, 3, 14</p> <p><b>SIDES</b></p> <p>Roast Potatoes (vg)</p> <p>Cabbage, Leeks and Peas</p>	<p><b>ASIA</b></p> <p>Spring rolls with Sweet and Sour Sauce 1</p> <p>Vegetable Fried Rice</p> <p>Prawn Crackers</p>	<p><b>JACKET AND PASTA BAR</b></p> <p>Jacket Potatoes (vg)</p> <p>Pasta 1(vg)</p> <p>Tomato and Basil</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>Cucumber, Cherry tomato with black bean with Chilli lime and mint</p> <p>Roasted Root Vegetables with Mixed Rice</p>	<p>Apple Raspberry Crumble with Custard 1,3,(v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt &amp; Granola 1,3,6 (v)</p> <p>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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THURSDAY

KITCHEN FAVOURITES

WORLD TOUR

MARKET FRESH

SOMETHING SWEET

FRIDAY

<p><b>SOUP</b></p> <p>Mexican Hot Bean with Tortilla</p> <p><b>MAINS</b></p> <p>Roasted Vegetable Lasagne 1 (vg)</p> <p>Lean &amp; Green Lasagne 1,3</p> <p><b>SIDES</b></p> <p>Garlic Bread 1</p> <p>Italian Salad 3</p> <p>Green Beans (vg) Sweetcorn (vg)</p>	<p><b>EUROPE</b></p> <p><b>MAINS</b></p> <p>Slow cooked Pork Stroganoff with Braised Rice and Sour Cream 3</p> <p>Green Beans (vg)</p> <p>Sweetcorn (vg)</p>	<p><b>JACKET AND PASTA BAR</b></p> <p>Jacket Potatoes (vg)</p> <p>Pasta 1 (vg)</p> <p>Very Cheesy Sauce 1,3(v)</p> <p>Grated Cheddar 3 Crispy Bacon, Pangritata 1</p> <p>Parmesan 3, Garlic Bread, 1 Crispy Onions, Basil Pesto, Olive Oil</p> <p>Baked Beans (vg)</p>	<p><b>SALAD</b></p> <p>Mediterranean Herb Salad with Halloumi</p> <p>Courgette and Carrot Ribbons pickled salad</p> <p>Shaved Sprouts with Cranberry and Toasted Sunflower Seeds and Chives</p>	<p>Brownie 1,2,3,6(v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt &amp; Granola 1,3,6(v)</p> <p>Chia Overnight Oats (vg)</p>
<p><b>SOUP</b></p> <p>Waste Less Vegetable</p> <p><b>MAINS</b></p> <p>Freshly Battered Pollock 1,8</p> <p><b>SIDES</b></p> <p>Skinny Fries(v) Tartare Sauce (v)</p> <p>Mushy Peas (vg) Baked Beans (vg),</p> <p>Chip Shop Curry Sauce (vg)</p>	<p><b>AMERICAS</b></p> <p><b>MAINS</b></p> <p>Spiced BBQ Chicken Bun with Coleslaw 1</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>Pulled Pork Bao Buns with Pickled Slaw 1,6</p> <p>Spring Onion with Cucumber &amp; Crispy Onions</p>	<p><b>SALAD</b></p> <p>Roasted Beet Salad with Goats Cheese, Shallots and Spinach</p> <p>Green Beans &amp; Radicchio with Dijon and Fresh Tarragon Dressing</p>	<p>Lemon and oat Cookie 1,3,6(v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt &amp; Granola 1,3,6(v)</p> <p>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

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

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