

# LUNCH MENU - WEEK 1

Weeks Commencing: 20/4 11/5 8/6 29/6

(v) vegetarian, (vg) vegan

## KITCHEN FAVOURITES

## WORLD TOUR

## MARKET FRESH

## SOMETHING SWEET

### MONDAY

|  |  |  |  |   |
|--|--|--|--|---|
| <p><b>SOUP</b><br/>Carrot &amp; Thyme (vg)</p> <p><b>MAINS</b><br/>Lentil Dhal with wasteless vegetable Bhaji (vg)<br/><br/>Butter Chicken</p> <p><b>SIDES</b><br/>Rice(vg), Mango Chutney (vg), Charred Cauliflower &amp; Onion(vg)<br/>Raita (v) Poppadum (vg)</p> | <p><b>ASIA</b></p> <p>Fish Goujon Taco 1,8<br/>with Asian slaw and<br/>Citrus mayo 6<br/>Crispy Potatoes</p> | <p><b>JACKET AND PASTA BAR</b></p> <p>Jacket Potatoes (vg)<br/>Pasta 1 (vg)<br/>Tomato and Basil (vg)<br/>Grated Cheddar 3,<br/>Parmesan 3, Garlic Bread<br/>1, Crispy Onions, Basil<br/>Pesto, Olive Oil<br/>Baked Beans (vg)</p> | <p><b>SALAD</b></p> <p>Quinoa Superfood Salad<br/><br/>Tuna Pasta<br/>Roasted Carrot, Courgette,<br/>Red Onion &amp; Tenderstem<br/><br/>Minted Peas<br/>Beetroot &amp; Feta</p> | <p>Iced Raspberry Ripple 1,2,3,6<br/>(v)<br/>Fresh Fruit (vg)<br/>Yoghurt &amp; Granola 1,3,6(v)<br/>Chia Overnight Oats (vg)</p> |
|--|--|--|--|---|

### TUESDAY

|   |  |  |  |   |
|---|--|--|--|---|
| <p><b>SOUP</b><br/>Roasted Tomato &amp; Pesto (vg)</p> <p><b>MAINS</b><br/>Tempura Asian Veg with Sweet &amp; Sour Sauce<br/><br/>Sweet &amp; Sour Chicken 1</p> <p><b>SIDES</b><br/>Egg Fried Rice 2,6<br/>Peas &amp; Broccoli</p> | <p><b>EUOPE</b></p> <p>Homemade<br/>Quiche 1,2,3</p> <p><b>SIDES</b><br/>Minted New Potatoes</p> | <p><b>JACKET AND PASTA BAR</b></p> <p>Jacket Potatoes (vg)<br/>Pasta 1 (vg)<br/>Tomato &amp; Mascarpone 3(v)<br/>Grated Cheddar 3 Parmesan<br/>3, Garlic Bread 1, Crispy<br/>Onions, Basil Pesto, Olive<br/>Oil<br/>Baked Beans (vg)</p> | <p><b>SALAD</b></p> <p>Roasted Sweet Potato<br/>Tabouleh<br/>Curried Chickpea, Cheery<br/>Tomato &amp; Spinach<br/><br/>Greek Salad<br/>Sweetcorn &amp; Pepper</p> | <p>Lemon Drizzle 1,2,3,14(v)<br/>Fresh Fruit (vg)<br/>Yoghurt &amp; Granola 1,3,6(v)<br/>Chia Overnight Oats (vg)</p> |
|---|--|--|--|---|

### WEDNESDAY

|   |  |   |   |  |
|---|--|---|---|--|
| <p><b>SOUP</b><br/>Minestrone (vg)</p> <p><b>MAINS</b><br/>Brie &amp; Caramelised Red Onion Tart 1,3<br/><br/>Maple Glazed Gammon</p> <p><b>SIDES</b><br/>Roast Potatoes (vg), Carrots (vg),<br/>Cauliflower Cheese 1,3 (v) Yorkshire<br/>Pudding 1,2,3</p> | <p><b>AMERICAS</b></p> <p>Beef and Black Bean Chilli<br/>with Nachos</p> <p><b>SIDES</b><br/>Guacamole(vg)<br/>Sour Cream 3 (v) Salsa<br/>(vg)</p> | <p><b>JACKET AND PASTA BAR</b></p> <p>Jacket Potatoes (vg)<br/>Pasta 1(vg)<br/>Creamy Pesto &amp; Parmesan<br/>1,3<br/>Grated Cheddar 3,<br/>Parmesan 3, Garlic Bread<br/>1, Crispy Onions, Basil<br/>Pesto, Olive Oil<br/>Baked Beans (vg)</p> | <p><b>SALAD</b></p> <p>Spiced Cauliflower, Pakora &amp;<br/>Spinach<br/>Mediterranean Couscous<br/>Thyme Roasted Beetroot<br/>Edamame &amp; Baby Tomato</p> | <p>Apple Oat Crumble with<br/>Custard 1,3 (v)<br/>Fresh Fruit (vg)<br/>Yoghurt &amp; Granola 1,3,6(v)<br/>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.

# LUNCH MENU – WEEK 1

Weeks Commencing:

(v) vegetarian, (vg) vegan

## KITCHEN FAVOURITES

## WORLD TOUR

## MARKET FRESH

## SOMETHING SWEET

### THURSDAY

|   |   |  |   |  |
|---|---|--|---|--|
| <p><b>SOUP</b><br/>Roasted Pepper, Courgette &amp; Thyme(v)</p> <p><b>MAINS</b><br/>Crispy Bajan Tofu</p> <p>Mac Cheese 3,1</p> <p><b>SIDES</b><br/>Garlic Bread 1 (vg)</p> | <p><b>CARABEAN</b></p> <p><b>MAINS</b><br/>Bajan Style Chicken</p> <p><b>SIDES</b><br/>Rice &amp; Peas<br/>Charred Sweetcorn Slaw</p> | <p><b>JACKET AND PASTA BAR</b></p> <p>Jacket Potatoes (vg)<br/>Pasta 1 (vg)<br/>Tomato Sauce (vg)</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><br/>Green Beans with Garlic &amp; Red Pepper<br/>Potato &amp; Chive Salad</p> <p>Puy Lentil Salad<br/>Edamame</p> | <p>Biscoff Sponge 1,2,3 (v)<br/>Fresh Fruit (vg)<br/>Yoghurt &amp; Granola 1,6(v)<br/>Chia Overnight Oats (vg)</p> |
|---|---|--|---|--|

### FRIDAY

|   |   |  |   |   |
|---|---|--|---|---|
| <p><b>SOUP</b><br/>Sweetcorn and Potato Chowder (v)</p> <p><b>MAINS</b><br/>Loaded Flatbread with Beetroot Hummus, Minted Yoghurt &amp; Spinach 1, 3(v)</p> <p>Freshly Battered Pollock 1,8</p> <p><b>SIDES</b><br/>Skinny Fries(v) Tartare Sauce (v), Mushy Peas (vg) Baked Beans (vg), Chip Shop Curry Sauce (vg)</p> | <p><b>EUROPEAN</b></p> <p><b>MAINS</b><br/>'Dirty' Chicken 3</p> <p><b>SIDES AND SAUCES</b><br/>Chips (v), Mushy Peas (vg), Baked Beans (vg) Chip Shop Gravy (vg) Tartare (v)</p> | <p><b>JACKET BAR</b></p> <p>Jacket Potatoes (vg)<br/>Tuna Mayo 8<br/>Baked Beans (vg)</p> <p><b>GRAB &amp; GO</b><br/>Tomato &amp; Mozzarella Bruschetta 1,3<br/>Mixed Salad</p> | <p><b>SALAD</b><br/>Salad of the Day<br/>Cowboy Salad<br/>Red Cabbage &amp; Apple Salad</p> | <p>Chocolate<br/>Brownie 1,2,3,6(v)<br/>Yoghurt &amp; Granola 1,6(v)<br/>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 | 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.

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.