

LUNCH MENU - WEEK 3

Weeks Commencing: 4/5 1/6 22/6

(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)</p> <p>Pasta Pomodoro 1 Meatballs Pasta Bake 1, 3</p> <p>SIDES Broccoli (vg) Parmesan 3 Italian salad 3</p>	<p>MAINS Vegetarian 'Meatballs' 1, 3 (v)</p> <p>Pasta Pomodoro 1 Meatballs Pasta Bake 1, 3</p> <p>SIDES Broccoli (vg) Parmesan 3 Italian salad 3</p>	<p>MAINS Tandoori Loaded Naan 1</p> <p>SIDES Mango Chutney Raita 3</p> <p>Turmeric Steamed Rice</p> <p>JACKETS BAR Jacket Potatoes (vg) Grated Cheddar 3, Baked Beans (vg)</p>	<p>SALAD Roasted Garden Veg Salad</p> <p>Spiced Red Cabbage Salad</p> <p>Broccoli Mixed Grain & Mint</p> <p>Edamame</p>	<p>Banoffee Traybake 1,2,3(v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt & Granola 1,3,6(v)</p> <p>Chia Overnight Oats (vg)</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------

TUESDAY

<p>SOUP Sweet Potato & Pepper (vg)</p> <p>TACO TUESDAY Fully Loaded Roasted Vegetable & Black Bean Burrito with Chilli & Lime 1 (vg)</p> <p>Crispy Taco with Beef & Bean Chilli Chicken Tinga</p> <p>SIDES Sour Cream 3 Guacamole Sweetcorn Salsa Mexican Rice</p>	<p>AMERICAS TACO TUESDAY Fully Loaded Roasted Vegetable & Black Bean Burrito with Chilli & Lime 1 (vg)</p> <p>Crispy Taco with Beef & Bean Chilli Chicken Tinga</p> <p>SIDES Sour Cream 3 Guacamole Sweetcorn Salsa Mexican Rice</p>	<p>JACKET AND PASTA BAR Jacket Potatoes (vg) Pasta 1 (vg) 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>SALAD Ginger & Lime Noodle Salad</p> <p>Roast Butternut Squash & Beetroot Salad</p> <p>Tuna Pasta</p> <p>Minted Peas</p>	<p>Victoria Sponge 1,2,3(v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt & Granola 1,3,6 (v)</p> <p>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)</p> <p>Hunters Chicken</p> <p>SIDES Roast Potatoes (vg) Peas & Corn</p>	<p>ASIA Spring Rolls with Curry Sauce</p> <p>Vegetable Fried Rice</p>	<p>JACKET AND PASTA BAR Jacket Potatoes (vg) Pasta 1(vg) 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>SALAD Turmeric & Cauliflower</p> <p>Puy Lentil Salad</p> <p>Cous Cous and Roast Mediterranean Vegetables</p> <p>Beetroot & Thyme</p>	<p>Apple Raspberry Crumble with Custard 1,2,3,6(v)</p> <p>Fresh Fruit (vg)</p> <p>Yoghurt & 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.

LUNCH MENU - WEEK 3

Weeks Commencing:

(v) vegetarian, (vg) vegan

KITCHEN FAVOURITES

WORLD TOUR

MARKET FRESH

SOMETHING SWEET

THURSDAY

<p>SOUP Mexican Hot Bean with Tortilla chips</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</p> <p>MAINS Slow cooked Pork Stroganoff with braised rice and Sour Cream</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 Wild rice salad Orzo Pesto Salad Minted Peas</p>	<p>Homemade Cheesecake 1,3(v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6(v) Chia Overnight Oats (vg)</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</p> <p>MAINS Jumbo Sausage 1,14</p> <p>SIDES AND SAUCES Skinny Fries (v), Coleslaw (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 Spring Onion with Cucumber & Crispy Onions</p>	<p>SALAD Salad of the Day Super Greens Potato Salad Turkish Shepherd Salad Charred Corn Salad</p>	<p>Chocolate Chip Cookie Slice 1,3,6(v) Fresh Fruit (vg) Yoghurt & Granola 1,3,6(v) 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.