



School Lunch Menu: Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Tandoori Chicken Mint Raita	Beef Burger in a Bun	Roast Turkey Stuffing with Cranberry Sauce	Chicken Tagine	Battered Pollock Tartare Sauce
Veggie Mains	Roasted Vegetable and Mixed Bean Korma	Black bean Burger with Balsamic Onions	Butternut Squash, Spinach & Goats Cheese Lentil Wellington Vegetarian Gravy	Chickpea Butternut Squash Tagine	Baked Gnocchi with Spinach & Mushroom
Sides	Turmeric Rice Peas & Carrots Rocket Salad	Sweetcorn Baked Wedges Winter Slaw	Roast Potatoes Melange of Vegetables	Green Beans Garlic Bread Lemon Couscous	Farmhouse Fries Peas with Spinach
Bread	Fresh Baked Bread Daily				
Baguettes (for Secondary pupils)	A freshly baked baguette with a selection of fillings: Cheese and Tomato, Tuna Mayonnaise and Sweetcorn & Cucumber, Chicken Mayonnaise				
Jackets	With Cheddar Cheese, Low Salt & Low Sugar Baked Beans, Tuna Mayonnaise, or a Daily Hot Special Filling				
Sweets	Blueberry Muffin	Chocolate Brownie with Custard	Fruit Jelly Ice Cream	Banana & Cranberry Sponge with Custard	Tutti Fruiti Flapjack
Fruit & Yoghurt	Fresh Fruit and Natural Yoghurt				

If you have special dietary requirements or allergies and would like more information about the ingredients used, please ask your teacher