

# Weekly Menu Guide

**Autumn and Winter 2020-2021**

Please note if you have a food allergy or intolerance then you should speak to your Head of Year/Catering Manager who will advise on the Special Diet Procedure.

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the day</b>	Lentil	Vegetable	Lentil	Vegetable	Tomato
<b>OPTION 1: Hot</b> Served with two portions of vegetables or salad	Tomato Pasta with Garlic bread (v) Choice of Salad, vegetable sticks or Green beans	Macaroni (v) Choice of Salad, vegetable sticks or Broccoli	Baked Potato Baked Beans & Cheese (v) Choice of Salad, vegetable sticks or sweetcorn	Cheese and onion pastie (v) Choice of Salad, vegetable sticks or Baked Beans	Garlic Chicken Biryani (Optional Curry sauce) Choice of Salad, vegetable sticks or peas
<b>OPTION 2: Hot</b> Served with two portions of vegetables or salad	Beef Burger oven baked potato wedges and coleslaw. Choice of Salad, vegetable sticks or Green beans	Pizza slice (v) Choice of Salad, vegetable sticks or Broccoli	Chicken Curry with Rice Choice of Salad, vegetable sticks or sweetcorn (V- Vegetable Curry )	Chef's Special Check display in your school	Fish and Chips Choice of Salad, vegetable sticks or peas
<b>OPTION 3: Hot Deli Choice</b> Options 3 and 4 can be served with or without salad and a portion of vegetable sticks	Sweet chilli chicken wrap Salad optional	Cheese panini (v) Salad optional	Tuna Melt Panini Salad optional	Chicken Tikka Wrap Salad optional	Cheese & Tomato Panini (v) Salad optional
<b>OPTION 4: Sandwich Choice</b> Options 3 and 4 can be served with or without salad and a portion of vegetable sticks	Ham, Cheese or Chicken Tikka Salad optional	Tuna Mayo, Honey Roast ham or Cheese Salad optional	Chicken Mayo, Ham or Cheese Salad optional	Honey Roast Ham, Tuna or Cheese Salad optional	Chicken Tikka, BLT or ham Salad optional

Week Commencing – 9th Nov, 30th Nov, 21st Dec, 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the day</b>	Lentil	Vegetable	Chicken Noodle	Vegetable	Lentil
<b>OPTION 1: Hot</b> Served with two portions of vegetables or salad	Sausage roll with Baked Beans Choice of Salad or Sweetcorn, vegetable sticks	Vegetable Stir-fry (v) Choice of salad or Carrots or Broccoli	Chicken Burger with oven baked potato wedges and coleslaw Choice of Salad or vegetable sticks	Macaroni cheese (v) Choice of Salad or vegetable sticks, Green Beans	Garlic and chilli spaghetti (v) Choice of Salad, Vegetable sticks or Peas
<b>OPTION 2: Hot</b> Served with two portions of vegetables or salad	Chicken curry with rice Choice of Salad or vegetable sticks, sweetcorn (V- Vegetable Curry)	Penne Pasta Bolognese served with garlic bread Choice of salad or Carrots or Broccoli	Pizza Slice (v) Choice of Salad or vegetable sticks	Chef's Special Check display in your school	Fish and Chips Choice of Salad vegetable sticks or peas
<b>OPTION 3: Hot Deli Choice</b> Options 3 and 4 can be served with or without salad and a portion of vegetable sticks	Sweet chilli chicken wrap Salad optional	Cheese Panini (v) Salad optional	Tuna Melt Panini Salad optional	Chicken Tikka Wrap Salad optional	Cheese & Tomato Panini (v) Salad optional
<b>OPTION 4: Sandwich Choice</b> Options 3 and 4 can be served with or without salad and a portion of vegetable sticks	Ham, Cheese or Chicken Tikka Salad optional	Tuna Mayo, Honey Roast ham or Cheese Salad optional	Chicken Mayo, Ham or Cheese Salad optional	Honey Roast Ham, Tuna or Cheese Salad optional	Chicken Tikka, BLT or ham Salad optional

Week Commencing – 26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st Feb, 22nd Feb, 15th Mar

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the day</b>	Lentil	Vegetable	Chicken and Rice	Vegetables	Lentil
<b>OPTION 1: Hot</b> Served with two portions of vegetables or salad	Chicken Curry with Rice Choice of Salad, sweetcorn and vegetable sticks (V- Vegetable Curry)	Sausage and mashed potato with gravy Choice of Salad, Peas and Carrots	Macaroni Cheese (v) Choice of Salad, Broccoli and Green Beans	Steak Pie and Mashed Potato Choice of Salad, carrots and Sweetcorn	Mixed pepper Biryani spicy rice (v) (Optional curry sauce) Choice of Salad, Peas and Vegetable sticks
<b>OPTION 2: Hot</b> Served with two portions of vegetables or salad	Pizza and pasta (v) Choice of Salad, sweetcorn and vegetable sticks	Beef Burger with seasoned diced potatoes Choice of Salad, Peas and Carrots	American style hot dog with caramelised onions and potato salad Choice of Salad, Broccoli and Green Beans	Chef's Special Check display in your school	Fish and Chips Choice of Salad vegetable sticks or peas
<b>OPTION 3: Hot</b> Options 3 and 4 can be served with or without salad and a portion of vegetable sticks	Sweet chilli chicken wrap Salad optional	Cheese Panini (v) Salad optional	Tuna Melt Panini Salad optional	Chicken Tikka Wrap Salad optional	Cheese & Tomato Panini (v) Salad optional
<b>OPTION 4: Sandwich, Baguette or Wrap Choice</b> Options 3 and 4 can be served with or without salad and a portion of vegetable sticks	Ham, Cheese or Chicken Tikka Salad optional	Tuna Mayo, Honey Roast ham or Cheese Salad optional	Chicken Mayo, Ham or Cheese Salad optional	Honey Roast Ham, Tuna or Cheese Salad optional	Various Chicken Tikka, BLT or ham Salad optional Fillings Salad selection

Week Commencing – 2nd Nov, 23rd Nov, 14th of Dec, 18th Jan, 8th Feb, 1st Mar, 22nd Mar

**Meal Deal - £3.05 - Daily**  
Any Option 2 meal choice plus fruit or yoghurt or homebaking add a 500ml bottle of water

 Say goodbye to queuing with the Fusion Mobile app!

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