

WEEK 1

MONDAY

SOUP: LEEK AND POTATO (V,GF, CE)
MAIN COURSE: COTTAGE PIE (M, MU, C,CE, E, SS, S)
VEGETARIAN MAIN: CHICK PEA, SPINACH AND SWEET POTATO FILO PARCEL WITH ROASTED CURRIED CAULIFLOWER (C, CE, S, SS)
DELI WRAP: CHIPOTLE CHICKEN (C, H)
DESSERT: SULTANA FLAPJACK (SD, C, M)

TUESDAY

SOUP: SWEET POTATO (V,GF, CE)
MAIN COURSE: LAMB DONER KEBAB (GF, H, CE, M) SERVED IN FLOUR PITTA WITH MINTED YOGHURT (C, M, E, SS)
VEGETARIAN MAIN: BEAN AND VEGETABLE CHILLI BURITTO (V, CE, MU, C, E)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
PASTA(E,C)/NOODLE(E,C)/RICE BAR: CHICKEN ITALIANO (GF,H,CE), BASILICO (GF,V,CE)
DESSERT: ORANGE JELLY (C, E, M)

WEDNESDAY

SOUP: MUSHROOM (V,GF, CE)
MAIN COURSE: LOADED CHIP DAY
 MEXICAN SAUSAGE CASSEROLE (C, E, MU, SD), BEEF & TOMATO BOLOGNAISE (CE), CHICKEN TIKKA (H, CE, SS)
VEGETARIAN MAIN: QUORN & CHICK PEA CURRY (V, S, M, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES, HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: FIRECRACKER CHICKEN (H, CE)
DESSERT: SUMMER FRUITS GREEK YOGHURT WITH GRANOLA (M)

THURSDAY

SOUP: VEGETABLE (V,GF, CE)
MAIN COURSE: ROAST CHICKEN WITH ONIONS AND PEPPERS (GF, H) WITH HOMEMADE SPICED WEDGES AND BBQ SAUCE(CE,SD,C,E)
VEGETARIAN MAIN: MALAY VEGETABLE CURRY WITH BRAISED RICE (V, CE, S, SS)
PASTA(E,C)/NOODLE(E,C)/RICE BAR: ITALIAN MEATBALLS (C, CE), TOMATO AND HERB (GF,V,CE)
DESSERT: CHOCOLATE BROWNIE (M,N, C, E)

FRIDAY

SOUP: GREEN PEA (V,GF, CE)
MAIN COURSE: FISH FINGER BUTTIE (F, M, E, C, MU)
VEGETARIAN MAIN: SPICY BEAN BURGER (V, M, E, CE, C) IN A FLOUR BAP (M, C, SS)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES & HOMEMADE COLESLAW (M, E, MU)
DESSERT: VANILLA AND CHOCOLATE CHIP MUFFIN (C, M, SD, E)

ALLERGENS KEY C - CEREALS CONTAINING GLUTEN P – PEANUTS N - NUTS (TREE NUTS IE. ALMONDS, WALNUTS) M – MILK S – SOYA

WEEK 2

MONDAY

SOUP: CARROT AND CORIANDER (V,GF, CE)
MAIN COURSE: SPICY RICE WITH PAPRIKA CHICKEN, ROASTED PEPPERS AND CHORIZO (H, CE, GF)
VEGETARIAN MAIN: VEGETABLE AND LENTIL TIKKA WITH BRAISED RICE (V, CE, GF)
DELI WRAP: TOMATO AND BASIL CHICKEN (C, H)
DESSERT: OAT COOKIE (C, M, E)

TUESDAY

SOUP: CURRIED VEGETABLE (V,S,CE, GF)
MAIN COURSE: PORK AND BEEF MEATBALLS COOKED IN TOMATO SAUCE WITH PASTA (C, CE, S, SD)
VEGETARIAN MAIN: ORIENTAL VEGETABLES WITH EGG NOODLES (C, CE, E, SS,S)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
PASTA(E,C)/NOODLE(E,C)/RICE BAR: SWEET CHILLI CHICKEN (H, SS, S), ARRIBIATTA (GF,V,CE)
DESSERT: CHOCOLATE CORNFLAKE CRUNCH (C, M)

WEDNESDAY

SOUP: CAULIFLOWER (V,GF, CE)
MAIN COURSE: HOMEMADE STEAK PIE (C, CE, E, M), CHICKEN AND SWEETCORN PIE (H, C, SS, M, E)
VEGETARIAN MAIN: FARMHOUSE VEGETABLE PIE (V, C, M, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES, GARDEN PEAS OR BAKED BEANS
DELI WRAP: BBQ PULLED CHICKEN (C, H)
DESSERT: STRAWBERRY ETON MESS (M)

THURSDAY

SOUP: TOMATO (V,CE,GF)
MAIN COURSE: HERBY ROASTED PORK LOIN WITH ROAST POTATOES, SEASONAL VEGETABLES, GRAVY (CE,GF), SAGE AND ONION STUFFING (C, M, CE)
VEGETARIAN MAIN: THAI RED VEGETABLE CURRY WITH BRAISED RICE (V, GF, CE, E)
PASTA(E,C)/NOODLE(E,C)/RICE BAR: BBQ CHICKEN (CE, SD, CE, C, E) PROVENCAL VEGETABLES (GF, V,CE)
DESSERT: APPLE AND PEACH CRUMBLE WITH CUSTARD (C, E, M)

FRIDAY

SOUP: MUSHROOM (V,GF, CE)
MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU)
VEGETARIAN MAIN: SOUTHERN STYLE CRISPY QUORN BITES (V, C, E,CE)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES & PEAS
DESSERT: BANOFFEE MUFFIN (C, M, E, SD)

MU – MUSTARD L – LUPIN E – EGGS F - FISH CR - CRUSTACEANS (PRAWNS) MO - MOLLUSCS (SCALLOPS, MUSSELS) SS - SESAME SEED

WEEK 3

MONDAY

SOUP: BROCCOLI (V,M, CE, GF)
MAIN COURSE: CHICKEN AND VEGETABLE TRAY BAKE WITH GARLIC AND THYME (GF, CE, H)
VEGETARIAN MAIN: SWEET POTATO, AUBERGINE AND SPINACH MOUSSAKA (GF,V, M, E, C), BRAISED RICE
MAINS SERVED WITH A CHOICE OF: PAPRIKA NEW POTATOES
DELI WRAP: CHICKEN TIKKA (C, H)
DESSERT: ORANGE DRIZZLE CAKE WITH CUSTARD (C, E, M)

TUESDAY

SOUP: CHUNKY VEGETABLE BROTH (V,GF, CE)
MAIN COURSE: ALL DAY BREAKFAST
 SAUSAGE (SD, C,MU,CE), BACON (SD), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG (E,M), MUSHROOMS
VEGETARIAN MAIN:
ALL DAY BREAKFAST QUORN SAUSAGE(V, GF,E,M,CE), VEGETABLE PATTIE(C, CE, MU), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG(M,E), MUSHROOMS
DELI WRAP: THAI GREEN CHICKEN (H, CE)
DESSERT: ICED GINGERBREAD LOAF (C, M, E, SD)

WEDNESDAY

SOUP: POTATO AND SPINACH (CE, GF,V)
MAIN COURSE: PORK AND SAGE BURGER (GF), 100% BEEF BURGER (C, CE, SD), LAMB AND MINT BURGER (CE, E, GF) IN A FLOUR BAP (C, SS, M)
VEGETARIAN MAIN: QUORN BURGER (V, M, C, CE, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: CHICKEN JALFREZI (H, C, SD, SS)
DESSERT: STRAWBERRY MOUSSE (C, E, M)

THURSDAY

SOUP: CHICK PEA AND CORIANDER (V,C,CE)
MAIN COURSE: HONEY BAKED GAMMON (SD) WITH GRAVY (GF, CE)
VEGETARIAN MAIN: CHEESE AND POTATO PIE (V,CE, M)
MAINS SERVED WITH A CHOICE OF: MINTED NEW POTATOES , CAULIFLOWER AND BROCCOLI
PASTA(E,C)/NOODLE(E,C)/RICE BAR: CHICKEN AND CHORIZO (GF, CE) TOMATO AND PEPPER (GF,V,CE)
DESSERT: PINEAPPLE UPSIDEDOWN CAKE WITH CUSTARD (C, E,M,)

FRIDAY

SOUP: VEGETABLE (V,GF, CE)
MAIN COURSE: SOUTHERN STYLE CHICKEN GOJONS (H, M, E, C, MU)
VEGETARIAN MAIN: CHEESE AND ONION PASTY (V, C, E, MU, M)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES & PEAS
DESSERT: CHOCOLATE MUFFIN (C, E,M)

CE – CELERY SD - SULPHUR DIOXIDE CUSTOMER INFORMATION V – VEGETARIAN H – HALAL GF – GLUTEN FREE

WEEK 4

MONDAY

SOUP: SPINACH (V,GF, CE)
MAIN COURSE: CHICKEN ESCALOPE WITH CHUNKY BBQ, SMOKED BACON AND TOMATO SAUCE (CE, SD) GARLIC AND HERB POTATOES (V, GF, CE)
VEGETARIAN MAIN: MACARONI AND CHEESE WITH ROASTED TOMATOES, GARLIC BREAD (V, M, E, CE, C)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
DELI WRAP: THAI RED CHICKEN (C, SD, SS)
DESSERT: APPLE AND CINNAMON CAKE WITH CUSTARD (E, C, M)

TUESDAY

SOUP: WHITE BEAN AND THYME (V,GF, CE)
MAIN COURSE: CURRY BAR
 CHICKEN JALFREZI (H, CE), TANDORI CHICKEN SKEWER (H, CE), LAMB MADRAS (CE)
VEGETARIAN MAIN: QUORN AND CHICK PEA DANSAK (GF,V, CE)
MAINS SERVED WITH A CHOICE OF: PILAU RICE (GF, CE), FLAT BREAD (C, E, M, SS) AND CUCUMBER SALAD **PASTA(E,C)/NOODLE(E,C)/RICE**
BAR: SMOKY PEPPERONI (GF, CE) POMODORO (GF,V,CE)
DESSERT: MANGO CHEESECAKE (C, M)

WEDNESDAY

SOUP: BUTTERNUT SQUASH (V,GF, CE)
MAIN COURSE: PEPPERONI AND HAM PIZZA (M, C, SS, S, SD)
VEGETARIAN MAIN: CHEESE AND TOMATO PIZZA (V, M, C, SS, S)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: BUTTER CHICKEN (H, CE)
DESSERT: CARROT CAKE MUFFIN (C, E, M, SD)

THURSDAY

SOUP: TOMATO AND PEPPER (V,GF, CE)
MAIN COURSE: STICKY CHILLI COLA CHICKEN LEG (H,GF, CE), BBQ PULLED PORK BURITTO (CE,C, SS), BEEF CHILLI TACO (C, CE, SS)
VEGETARIAN MAIN: VEGETABLE CHILLI ENCHILLADA (V, S, SS, M)
MAINS SERVED WITH A CHOICE OF: POTATO WEDGES (GF), SWEETCORN AND PEPPERS (GF), CHILLI BEANS (CE)
DESSERT: MEXICAN CINNAMON BROWNIE (C, M, E, SD)

FRIDAY

SOUP: LEEK AND POTATO (V, C, CE)
CHIP SHOP DAY - MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU), CHICKEN KEBAB STYLE MEAT (H,GF MU,CE), MEAT AND POTATO PIE (CE, C,M,E), CHEESE AND ONION SLICE (V, C, E, MU, M)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES, MUSHY PEAS, CURRY SAUCE, GRAVY
DESSERT: FARMHOUSE FRUIT LOAF (M,C, E, SD)

AVAILABLE EVERYDAY

**JACKET POTATOES
WITH VARIOUS FILLINGS**

**DAILY SELECTION OF FRESHLY
PREPARED PANINI'S**

**SELECTION OF FRESHLY PREPARED
HOT OR COLD DESSERTS**



SEPTEMBER					OCTOBER				
4	5	6	7	8	2	3	4	5	6
11	12	13	14	15	9	10	11	12	13
18	19	20	21	22	16	17	18	19	20
25	26	27	28	29					
					30	31			
WEEK1	WEEK2	WEEK3	WEEK4						
M	T	W	T	F	M	T	W	T	F
NOVEMBER					DECEMBER				
		1	2	3					1
6	7	8	9	10	4	5	6	7	8
13	14	15	16	17	11	12	13	14	15
20	21	22	23	24	18	19	20	21	22
27	28	29	30						

AUTUMN MENU

SEPTEMBER - DECEMBER

2018



www.barrbeaconschool.co.uk

THIS DOCUMENT IS AVAILABLE ONLINE