

Week 1		Week 2		Week 3	
Monday	<p>SOUP: PEA AND HAM SOUP (CE, M, GF,) MAIN COURSE: COTTAGE PIE (CE, C, SD, M,) GRAVY(GF) VEGETARIAN MAIN: AFRICAN SWEET POTATO AND SPINACH STEW (N, CE, M, GF,) MAINS SERVED WITH A CHOICE OF: GLAZED CARROTS AND BROCCOLI DELI WRAP: TURKEY AND PEPPERS IN BBQ SAUCE (SD,GF,) DESSERT: CHOCOLATE COOKIE(M,C,E,)</p>	Monday	<p>SOUP: CHICKEN AND WATERCRESS (V, H, GF,) MAIN COURSE: TANDOORI CHICKEN (MU M) VEGETARIAN MAIN: LENTIL BOLOGNESE (C, CE,) MAINS SERVED WITH A CHOICE OF: BRAISED RICE /MIXED SALAD/OR PASTA TOMATO ROCKET AND FETA CHEESE (M, C, E, V, H,) DESSERT: CHOCOLATE CHIP MUFFIN (C M)</p>	Monday	<p>SOUP: CREAM OF MUSHROOM SOUP (M, V, GF, H,) MAIN COURSE: CHICKEN BREAST WITH DEVILLED SAUCE (MU, SD, C,) VEGETARIAN MAIN: ROAST VEGETABLES WITH HERB SALSA, (V, H,) MAINS SERVED WITH A CHOICE OF / NEW POTATO/GREEN BEANS AND MIXED GREEN SALAD DELI WRAP: BEEF CHILLI (M,) DESSERT: CHOCOLATE FUDGE PUDDING(M,E,C,)</p>
Tuesday	<p>SOUP: CURRIED PARSNIP (M, CE, MU, V, H,) MAIN COURSE: LEMON ROAST CHICKEN / PASTA HAM CREAM SAUCE (C, M, E,) VEGETARIAN MAIN: BROCCOLI STRUDEL (M C) MAINS SERVED WITH A CHOICE OF: BOMBAY ROAST POTATOES/ WHOLE GREEN BEANS DESSERT : APPLE BROWN BETTY PUDDING AND CUSTARD (M, E ,C. V ,H,)</p>	Tuesday	<p>SOUP: LEEK AND POTATO (CE, M, V, H, GF,) MAIN COURSE: MINCED BEEF AND AUBERGINE BAKE (GF,) VEGETARIAN MAIN: TOMATO AND MACARONI CHEESE (M, E, C, MU,) MAINS SERVED WITH A CHOICE OF: TOSSED SALAD/POTATO WEDGES /PEAS DESSERT: ROCK CAKES(C, M, E,)</p>	Tuesday	<p>SOUP: BEETROOT AND ORANGE SOUP (M, V, H, GF,) MAIN COURSE: SWEET AND SOUR PORK OR TUNA PASTA BAKE (F, E, C, M,) VEGETARIAN MAIN: SWEET AND SOUR VEGETABLES WITH NOODLES (E, C, SD,) MAINS SERVED WITH BRAISED RICE PEAS AND SWEETCORN DESSERT: FRUITED SHORTBREAD (C, M, E,)</p>
Wednesday	<p>SOUP: TOMATO AND PEPPER SOUP (GF, V, H,) MAIN COURSE: SAUSAGE AND ONION CASSEROLE (CE,) OR BEEF BOLOGNAISE (CE, C,) VEGETARIAN MAIN: SPANISH OMELETTE (FRITTATA (E M) MAINS SERVED WITH A CHOICE OF: MASHED POTATO(M) PASTA (C, E,) PEAS DELI WRAP: CHICKEN AND MUSHROOM (M C) DESSERT: FRUIT CRUMBLE (C M)</p>	Wednesday	<p>SOUP: CAULIFLOWER AND BROCCOLI SOUP (V, H,) MAIN COURSE: ROAST PORK BELLY SLICE WITH GLAZED APPLE VEGETARIAN MAIN: POTATO CHEESE AND ROSEMARY TART (C, M, E, V, H,) MAINS SERVED WITH A CHOICE OF: BOILED BABY POTATOES GARDEN PEAS OR BAKED BEANS DELI WRAP: BBQ PULLED CHICKEN (SD.) DESSERT: FRUIT FOOL(M ,V, H,)</p>	Wednesday	<p>SOUP: FRENCH ONION SOUP (V, H, GF,) MAIN COURSE: CHEESEBURGER\ CHICKEN FILLET BURGER SERVED IN A BURGER BAP (C, E, M,) VEGETARIAN MAIN: SPICED BEAN BURGER/SIDE SALAD MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (E) DELI WRAP: WITH LAMB MINT YOGHURT (M) DESSERT: POACHED PEARS WITH CHOCOLATE SAUCE AND OAT CRUMBLE(C, M,E,)</p>
Thursday	<p>SOUP: VEGETABLE SOUP (V H) MAIN COURSE: BAKED GAMMON WITH SPICED WEDGES AND CAULIFLOWER CHEESE (M C) GRAVY(GF,) VEGETARIAN MAIN: VEGETABLE CURRY WITH BRAISED RICE (MU, CE, V, H,) DELI WRAP: SWEET AND SOUR CHICKEN WRAP (C M SD) DESSERT: POLISH CHEESECAKE (C, M, E,)</p>	Thursday	<p>SOUP: PEA AND MINT SOUP (M, CE, V, H,) MAIN COURSE: CHICKEN AND MUSHROOM FRICASSEE (C, E, M,) VEGETARIAN MAIN: VEGETABLE STROGANOFF (CE, MU, M,) MAINS SERVED WITH: RICE / STIR FRIED VEGETABLE DESSERT: STEAMED TREACLE PUDDING (M, C, E,)</p>	Thursday	<p>SOUP: CHICKEN NOODLE SOUP (C E) MAIN COURSE: BAKED GAMMON AND PINEAPPLE VEGETARIAN MAIN: TAGLIATELLE WITH SPICED TOMATO AND COURGETTES (C, M, E, V, H,) MAINS SERVED WITH A CHOICE OF: JACKET POTATO SKINS, BROCCOLI AND CARROTS DESSERT: QUEEN OF PUDDING(C,M,E,V,)</p>
Friday	<p>SOUP: CARROT AND GINGER SOUP (V, H,) MAIN COURSE: FISH IN BREADCRUMBS TARTAR (C, F, E) VEGETARIAN MAIN: SPICY BEAN BURGER IN A FLOURED BAP (C E M) MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES & HOMEMADE COLESLAW (E) DESSERT: CHOCOLATE CHIP MUFFIN (C, M, E,)</p>	Friday	<p>SOUP: TOMATO SOUP (M, C,) MAIN COURSE: BATTERED COD FILLET (C, E,) VEGETARIAN MAIN: QUORN SOUTHERN FRIED BITES (V, H, E,) MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES & PEAS DESSERT: LEMON POSSET (E, M,)</p>	Friday	<p>SOUP: BROCCOLI SOUP (M, V, H, GF,) MAIN COURSE: FISH GOUJONS WITH HERB MAYONNAISE (F, C, E,) VEGETARIAN MAIN: VEGETABLE STUFFED PEPPERS (V, H.) MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES & PEAS DESSERT: CHOCOLATE SEMIFREDDO WITH FRUIT(M,E, V,H,)</p>
<p>ALLERGENS KEY C - CEREALS CONTAINING GLUTEN P – PEANUTS N - NUTS (TREE NUTS IE. ALMONDS, WALNUTS) M – MILK S – SOYA</p>		<p>MU – MUSTARD L – LUPIN E – EGGS F - FISH CR - CRUSTACEANS (PRAWNS) MO - MOLLUSCS (SCALLOPS, MUSSELS) SS - SESAME SEED</p>		<p>CE – CELERY SD - SULPHUR DIOXIDE CUSTOMER INFORMATION V – VEGETARIAN H – HALAL GF – GLUTEN FREE</p>	

Week 4

Available Everyday

Monday

SOUP: SMOKED COD CHOWDER (F, M, GF,)
MAIN COURSE: CHICKEN CHOW MEIN (C, SS, N, E,) /
 HOI SIN CHICKEN (M, C, SS, MU, CE,)
VEGETARIAN MAIN: KEDGERE WITH VEGETABLES (V, H,GF,)
MAINS SERVED WITH A CHOICE OF: BRAISED RICE
 /TOSSED SALAD AND NAN BREAD (C)
DELI WRAP: THAI RED CHICKEN (MU, CE, C)
DESSERT: MANGO PANCAKE (C,E, M,)

Tuesday

SOUP: TOMATO AND PEPPER SOUP (GF, V, H,)
MAIN COURSE: BEEF GOULASH (C,) /PORK LOIN CHOP
 WITH MINTED APPLE SAUCE
VEGETARIAN MAIN: FENNEL GOULASH (C V, H,)
MAINS SERVED WITH A CHOICE OF: STEAMED
 POTAOES/BROCOLLI GREEN BEANS
DESSERT: FUDGY BROWNIES(GF, M, E,V, H,)

Wednesday

SOUP: LEEK AND PARSNIP (M, V, H,)
MAIN COURSE: FISH PIE (F, M, E, C,) OR CHICKEN PIE (E, C,
 M,)
VEGETARIAN MAIN: QUORN FILLET AND CHILLI DIP(E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES
 AND PEAS
DELI WRAP: SWEET AND SOUR CHICKEN(SD)
DESSERT: LEMON AND TREACLE TART (C, E, M,)

Thursday

SOUP: ROAST VEGETABLE (V, H, GF,)
MAIN COURSE: SMOKY SAUSAGE AND BEAN CASSEROLE
 (CE,) OR MINCE AND MASH PIE (CE, C, SD, M,)
VEGETARIAN MAIN: VEGETABLE MINT RISSOTTO (M V H
 GF)
MAINS SERVED WITH A CHOICE OF: POTATO HASH (M)
 SWEETCORN AND PEPPERS
DESSERT: BAKED APPLE CHARLOTTE(M, E, C, V, H,)

Friday

SOUP: SWEET POTATO AND CUMIN SOUP (GF, V, H,)
MAIN COURSE: BATTERED COD WITH TOMATO
 MAYONNAISE (C, E,) OR JUMBO SAUSAGE ROLL(C)
VEGETARIAN MAIN: BAKED PASTA WITH AUBERGINE BASIL
 AND CHEESE (C, M.)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE
 FRIES, MUSHY PEAS, BAKED BEANS
DESSERT: CHOCOLATE COOKIE (M, C, E,)

JACKET POTATOES WITH VARIOUS FILLINGS

DAILY SELECTION OF FRESHLY PREPARED PANINI'S

SELECTION OF FRESHLY PREPARED HOT OR COLD DESSERTS



WEEK 1	WEEK 2	WEEK 3	WEEK 4
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M	T	W	T	F		M	T	W	T	F
NOVEMBER						DECEMBER				
5	6	7	8	9		3	4	5	6	7
12	13	14	15	16		10	11	12	13	14
19	20	21	22	23		17	18	19	20	21
26	27	28	29	30						

AUTUMN MENU

SEPTEMBER - DECEMBER
2018



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