

WEEK 1

MONDAY

SOUP: LEEK AND POTATO (V,GF, CE)
MAIN COURSE: ROASTED GARLIC & HERB CHICKEN STRIPS (GF, H, CE, M)
VEGETARIAN MAIN: QUORN , VEGETABLE SZECHUAN WITH BOILED RICE (V, CE, GF,E)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD, SPICED POTATO WEDGES
DELI WRAP: CHICKEN TIKKA (C, H)
DESSERTS: FLAPJACK (C, M)

TUESDAY

SOUP: MUSHROOM AND GINGER (V,GF, CE)
MAIN COURSE: MALAY CHICKEN CURRY WITH LEMON RICE (H, GF,CE, C)
VEGETARIAN MAIN: BAKED BEAN AND VEGETABLE LASAGNE (V, M, C, CE, MU)
MAIN WITH A CHOICE OF: PEAS AND SWEETCORN
PASTA(E,C)/NOODLE(E,C)/RICE BAR: BEEF AND TOMATO (GF, CE) ITALIAN MUSHROOM (GF,V,CE)
DESSERTS: CHERRY FLAPJACK (C, E, M)

WEDNESDAY

SOUP: MUSHROOM (V,GF, CE)
MAIN COURSE: PORK AND APPLE BURGER (GF, E, SD) IN A BUN (SS, C,M)
VEGETARIAN MAIN: QUORN HOT DOG IN FLOUR ROLL (V, S, SS, M, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: TEXMEX CHICKEN (C, H)
DESSERTS: GREEK YOGHURT WITH SUMMER FRUIT PUREE AND GRANOLA (M)

THURSDAY

SOUP: CHICK PEA AND SPINACH(V,C,CE)
MAIN COURSE: ROAST CHICKEN WITH GRAVY, ROASTED POTATOES AND SEASONAL VEGETABLES (GF, H) SAGE AND ONION STUFFING (CE, C)
VEGETARIAN MAIN: CAULIFLOWER & BROCCOLI CHEESE BAKE WITH TOSSED SALAD (GF, C, M, CE)
PASTA(E,C)/NOODLE(E,C)/RICE BAR: ITALIAN CHICKEN (H, SD, CE, GF) ZINGY PEPPERS (V,CE, GF)
DESSERTS: COCONUT AND OAT COOKIE (C, M, E)

FRIDAY

SOUP: VEGETABLE (V,GF, CE)
MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU)
VEGETARIAN MAIN: VEGETABLE AND FALAFEL BURGER(V, GF, E,CE) WITH A FLOUR BAP (C, M,SS)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES & PEAS
DESSERTS: CHOCOLATE MUFFIN (C, E,M)

WEEK 2

MONDAY

SOUP: CARROT AND CORIANDER (V,GF, CE)
MAIN COURSE: CHICKEN AND SWEET PEPPERS (H, CE, GF) SERVED WITH FRAGRANT RICE (C,SS)
VEGETARIAN MAIN: CRUSTLESS ROASTED PEPPER AND TOMATO QUICHE WITH TOSSED SALAD AND NEW POTATOES (V, M, E, MU, CE, GF)
DELI WRAP: JERK CHICKEN (C, H)
DESSERTS: JAM AND COCONUT CRUNCH WITH CUSTARD (C, E, M)

TUESDAY

SOUP: SWEET POTATO (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)
DESSERTS: CHERRY CRUMBLE CAKE (C, E,SD, M)

WEDNESDAY

SOUP: POTATO AND SPINACH (CE, GF,V)
MAIN COURSE: CAJUN CHICKEN BURGER (H, GF) IN A FLOUR BAP (C, SS, M)
VEGETARIAN MAIN: CAULIFLOWER CHEESE BURGER(V, M, C, CE, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: ITALIAN CHICKEN (C, SD, SS)
DESSERTS : STRAWBERRY MOUSSE (C, M, E, SD)

THURSDAY

SOUP: TOMATO AND BASIL (V,CE,GF)
MAIN COURSE: ROASTED PORK WITH ROASTED POTATOES,SEASONAL VEGETABLES, ROAST GRAVY (CE,GF)
VEGETARIAN MAIN: VEGETABLE AND QUORN TERIYAKI WITH NOODLES (V, M, CE, C, E)
PASTA(E,C)/NOODLE(E,C)/RICE BAR: FIRE CRACKER CHICKEN (GF,H, CE) PROVENCAL VEGETABLES (GF,V,CE)
DESSERTS: CHOCOLATE CAKE WITH CHOCOLATE CUSTARD (C, E,SD, M)

FRIDAY

SOUP: POTATO AND LEEK (V, C, CE)
MAIN COURSE: BREADED CHICKEN GOUJONS (H, M, E, C, MU)
VEGETARIAN MAIN: CHEESE AND ONION PASTY (V, C, E, MU, M)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES & PEAS
DESSERTS:LEMON & SULTANA MUFFIN (C, M, E, SD)

WEEK 3

MONDAY

SOUP: BROCCOLI (V,M, CE, GF)
MAIN COURSE: ASIAN SLOW BRAISED PORK WITH WILTED GREENS (GF, CE, S)
VEGETARIAN MAIN: QUORN AND SWEET PEPPERS IN TOMATO SAUCE (GF,V, M, E, C)
DELI WRAP: CHIKEN TIKKA (C, H)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD, BRASIED RICE
DESSERTS: STICKY TOFFEE SPONGE WITH CUSTARD (C, E, M)

TUESDAY

SOUP: TOMATO (V,GF, CE)
MAIN COURSE: PORK SAUSAGE WITH ONION GRAVY (C,CE,SD,S,SS,M)
VEGETARIAN MAIN: VEGETABLE BALLS IN TOMATO AND HERB SAUCE (GF,V, CE, E)
MAINS SERVED WITH A CHOICE OF: CREAMED POTATOES, PEAS
PASTA(E,C)/NOODLE(E,C)/RICE BAR: CHICKEN TIKKA (H, CE, GF), PROVENCAL VEGETABLES (V,CE, GF)
DESSERTS: BANANA LOAF AND CUSTARD (M, E, C, SD)

WEDNESDAY

SOUP: BUTTERNUT SQUASH (V,GF, CE)
MAIN COURSE: HAM AND PEPPERONI PIZZA (M, C, SS, S, SD)
VEGETARIAN MAIN: VEGETABLE PIZZA (V, M, C, SS, S)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: THAI RED CHICKEN (H, CE)
DESSERTS: LEMON SHORTBREAD (M, C, SD)

THURSDAY

SOUP: CHUNKY VEGETABLE (V, CE, GF)
MAIN COURSE: ROAST TURKEY , ROASTED POTATOES AND SEASONAL VEGETABLES (GF,CE) SAGE AND ONION STUFFING (CE, C)
VEGETARIAN MAIN: VEGETABLE ROAST WITH SPICED TOMATO SAUCE (C, M, CE)
PASTA(E,C)/NOODLE(E,C)/RICE BAR: SPICED BBQ SAUSAGE (CE, SD, CE, C, E) SWEET CHILLI VEGETABLES (V,CE,GF)
DESSERTS: CHOCOLATE RICE CRISPY CAKE (GF, M)

FRIDAY

SOUP: CAULIFLOWER (V,GF, CE)
CHIP SHOP DAY - MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU), CHICKEN KEBAB MEAT (H,GF MU,CE) MEAT AND POTATO PIE (CE, C,M,E) VEGETABLE FRITTER (V, C, E, MU, M)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES, MUSHY PEAS, CURRY SAUCE, GRAVY
DESSERTS: LEMON SHORTIE (M,C)

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

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

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

WEEK 4

MONDAY

SOUP: TOMATO AND PEPPER (V,GF, CE)
MAIN COURSE:BBQ PULLED CHICKEN SERVED WITH NACHOS AND SPICEY BEANS (H, C, E, CE)
VEGETARIAN MAIN: CHUNKY RATATUILLE WITH BASIL, GARLIC AND HERB POTATOES (V, GF, CE)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
DELI WRAP: MALAY CHICKEN (C, SD, SS)
DESSERTS: ORANGE CAKE AND CUSTARD (E, C, M)

TUESDAY

SOUP: VEGETABLE (V,GF, CE)
MAIN COURSE: ROASTED CAJUN TURKEY STRIPS WITH ROASTED PEPPERS (GF, CE)
VEGETARIAN MAIN: VEGETABLE SAMOSA WITH BRAISED RICE AND CUCUMBER SALAD (V, M, E, CE, C)
MAINS SERVED WITH A CHOICE OF: BRAISED RICE, CAULIFLOWER AND BROCCOLI
PASTA(E,C)/NOODLE(E,C)/RICE BAR: BBQ SAUSAGE (CE, SD, CE, C, E) SWEET CHILLI VEGETABLES (GF, V,CE)
DESSERTS: BAKEWELL SLICE (M,N,C, E)

WEDNESDAY

SOUP: POTATO AND SPRING ONION (V,GF, CE)
MAIN COURSE: PIRI PIRI CHICKEN WINGS (H,GF, CE)
VEGETARIAN MAIN: CHEESE AND TOMATO QUICHE (V, S, SS, M, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES, SWEETCORN AND PEPPERS
DELI WRAP: BBQ CHICKEN (C, H)
DESSERT: BAKED LEMON AND SULTANA CHEESECAKE (C, M, E, SD)

THURSDAY

SOUP: FIVE BEAN (V,C,CE)
MAIN COURSE: HONEY BAKED GAMMON (SD) WITH PARSLEY SAUCE(C, M, CE) OR GRAVY (GF, CE)
VEGETARIAN MAIN: POTOATO AND SPINCAH CURRY WITH BRAISED RICE (GF, V,CE)
MAINS SERVED WITH A CHOICE OF: CREAMED POTATO, GARDEN PEAS
PASTA(E,C)/NOODLE(E,C)/RICE BAR: CHICKEN IN TOMATO AND BASIL SAUCE (GF,H, CE) TOMATO AND PEPPERS (GF,V,CE)
DESSERTS: STEAMED SYRUP SPONGE AND CUSTARD (C, E,M)

FRIDAY

SOUP: CAULIFLOWER (V,GF, CE)
MAIN COURSE: FISH FINGER SANDWICH (H, M, E, C, MU)
VEGETARIAN MAIN: NO SAUSAGE ROLL WITH TOMATO SAUCE (V, M, E, CE)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES & MUSHY PEAS
DESSERTS: CHERRY AND WHITE CHOCOLATE MUFFIN (C, M, SD, E)

AVAILABLE EVERYDAY

**JACKET POTATOES
WITH VARIOUS FILLINGS**

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

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



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

SPRING MENU

JANUARY – APRIL

2017



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