

# WEEK 1

Monday

**SOUP:** CARROT AND CORIANDER (V,GF, CE)  
**MAIN COURSE:** ITALIAN CHICKEN CASSEROLE WITH BASIL, CRUSHED NEW POTATOES AND SMASHED ROOT VEGETABLES (H, CE, GF)  
**VEGETARIAN MAIN:** QUORN AND VEGETABLE CHILLI BURITTO (V, CE, MU, C, E)  
**DELI WRAP:** CHINESE CHICKEN (C, H, S)  
**DESSERT:** CHOCOLATE MOUSSE (C, M, E)

Tuesday

**SOUP:** SWEET POTATO (V,GF, CE)  
**MAIN COURSE:** BEEF STROGANOFF WITH BRAISED RICE AND GREEN BEAN (M, MU)  
**VEGETARIAN MAIN :** VEGETABLE AND LENTIL TIKKA WITH BRAISED RICE (V, CE, GF)  
**MAINS SERVED WITH A CHOICE OF:** TOSSED SALAD  
**PASTA(E,C)/NOODLE(E,C)/RICE BAR:** CHICKEN ITALIAN (GF,H, CE), BASILICO (GF,V,CE)  
**DESSERT:** SHORTBREAD (C, E, M)

Wednesday

**SOUP:** MUSHROOM (V,GF, CE)  
**MAIN COURSE: LOADED BAGUETTE**  
 BBQ CHICKEN (H, CE, C, M, SS, S, SD), LEMON AND GARLIC PULLED PORK (SS, C, CE, M, MU, S)  
**VEGETARIAN MAIN:** TOMATO AND MOZZARELLA (V, S, M, SS, SD)  
**MAINS SERVED WITH A CHOICE OF:** FARMHOUSE FRIES, HOMEMADE COLESLAW (M, E, MU)  
**DELI WRAP:** FIRECRACKER CHICKEN (H, C, CE)  
**DESSERT:** CARAMELISED PEAR YOGHURT WITH CRUMBLE TOPPING (M, C)

Thursday

**SOUP:** CURRIED VEGETABLE (V,GF, CE)  
**MAIN COURSE:** BEEF AND TOMATO LASAGNE (C,CE, M, SD, SS,MU) WITH TOSSED SALAD  
**VEGETARIAN MAIN:** ROOT VEGETABLE GRATIN WITH ROASTED TOMATOES (V, CE, M)  
**PASTA(E,C)/NOODLE(E,C)/RICE BAR** CHICKEN AND CHORIZO (GF, CE)  
 TOMATO AND PEPPER (GF,V,CE)  
**DESSERT:** CHOCOLATE BROWNIE (M,N, C, E)

Friday

**SOUP:** GREEN PEA (V,GF, CE)  
**MAIN COURSE:** BREADED CHICKEN GOUJONS (H, M, E, C, MU)  
**VEGETARIAN MAIN:** VEGETABLE PASTY (V, M, E, CE, C)  
**MAINS SERVED WITH A CHOICE OF:** FARMHOUSE FRIES & HOMEMADE COLESLAW (M, E, MU)  
**DESSERT:** CHOCOLATE CHIP MUFFIN (C, M, SD, E)

# WEEK 2

Monday

**SOUP:** BROCCOLI (V,M, CE, GF)  
**MAIN COURSE:** SMOKEY PAPRIKA CHICKEN (GF, CE, H) WITH CORIANDER AND CAULIFLOWER RICE  
**VEGETARIAN MAIN:** VEGETABLE LASAGNE (M, E, C), GARLIC BREAD (C,M)  
**FILLED JACKET:** BEEF CHILLI (CE)  
**DESSERT:** LEMON DRIZZLE CAKE WITH CUSTARD (C, E, M)

Tuesday

**SOUP:** VEGETABLE (V,S,CE, GF)  
**MAIN COURSE:** PORK AND BEEF MEATBALLS COOKED IN TOMATO SAUCE WITH PASTA(C, CE, S, SD)  
**VEGETARIAN MAIN:** VEGETABLE SAUSAGE ROLL (C, CE, E, SS,S)  
**MAINS SERVED WITH A CHOICE OF:** TOSSED SALAD  
**PASTA(E,C)/NOODLE(E,C)/RICE BAR:** CHICKEN BALTI (H, SS, S), ARRIBIATTA (GF,V,CE)  
**DESSERT:** CHOCOLATE CORNFLAKE CAKE (C, M)

Wednesday

**SOUP:** CAULIFLOWER (V,GF, CE)  
**MAIN COURSE:** HOMEMADE STEAK PIE (C, CE, E, M), CHICKEN AND VEGETABLE 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 JELLY (M)

Thursday

**SOUP:** TOMATO (V,CE, GF)  
**MAIN COURSE:** MUSTARD ROASTED PORK LOIN WITH ROAST POTATOES, SEASONAL VEGETABLES, GRAVY (CE,GF), SAGE AND ONION STUFFING (C, M, CE)  
**VEGETARIAN MAIN:** LAYERED VEGETABLE ROAST WITH TOMATO SAUCE (V, GF, CE, E)  
**PASTA(E,C)/NOODLE(E,C)/RICE BAR:** BBQ CHICKEN (CE, SD, CE, C, E)  
 PROVENCALE VEGETABLES (GF, V,CE)  
**DESSERT:** COCONUT AND JAM SPONGE WITH CUSTARD (C, E, M)

Friday

**SOUP:** LEEK AND POTATO (V, C, CE)  
**CHIP SHOP DAY - MAIN COURSE:** BATTERED COD FILLET (F, M, E, C, MU), CHICKEN KEBAB MEAT (H, MU,CE), MINCE AND ONION 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)

# WEEK 3

Monday

**SOUP:** LEEK AND POTATO (V,GF, CE)  
**MAIN COURSE:** GRILLED PORK AND LEEK SAUSAGE WITH MASHED POTATO (M, MU, C,CE, E, SS, SD)  
**VEGETARIAN MAIN:** CURRIED CAULIFLOWER AND TOMATO DAAL WITH BRAISED RICE AND FLAT BREAD (C, CE, S, SS)  
**DELI WRAP:** CHIPOTLE CHICKEN (C, H)  
**DESSERT:** CHERRY FLAPJACK (SD, C, 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:** SWEET AND SOUR CHICKEN (H, C, CE)  
**DESSERT:** VANILLA AND STRAWBERRY CUPCAKE (C, M, E, SD)

Wednesday

**SOUP:** POTATO AND SPINACH (CE, GF,V)  
**MAIN COURSE:** SPICED PORK BURGER (GF), 100% BEEF BURGER (C, CE, SD), LAMB AND MINT BURGER (CE, E, GF) IN A FLOUR BAP (C, SS, M)  
**VEGETARIAN MAIN:** VEGETABLE BURGER (V, M, C, CE, E)  
**MAINS SERVED WITH A CHOICE OF:** FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)  
**DELI WRAP:** CHICKEN TIKKA (H, C, SD, SS)  
**DESSERT:** FRUIT FOOL (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 ONION 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:** ITALIAN MEATBALLS (C, CE), TOMATO AND HERB (GF,V,CE)  
**DESSERT:** TOFFEE APPLE SPONGE WITH CUSTARD (C, E,M,)

Friday

**SOUP:** VEGETABLE (V,GF, CE)  
**MAIN COURSE:** SOUTHERN STYLE CHICKEN GOUJONS (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)

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

Available Everyday

Monday

**SOUP:** SPINACH (V,GF, CE)  
**MAIN COURSE:**CAJUN TURKEY ESCALOPE WITH CRISPY BACON AND RANCH SAUCE (CE, SD) GARLIC AND PAPRIKA 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  
**BAKED CIABATTA:** CHICKEN AND BACON MELT (C, SD, SS)  
**DESSERT:** APPLE AND CINNAMON CAKE WITH CUSTARD (E, C, M)

Tuesday

**SOUP:** WHITE ONION AND THYME (V,GF, CE)  
**MAIN COURSE:**  
 CHICKEN AND SPINACH BALTI (H, CE), TANDOORI CHICKEN (H, CE)  
**VEGETARIAN MAIN:** MUSHROOM JALFREZI (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:** ORANGE MARMALADE MUFFIN (C, E, M, SD)

Wednesday

**SOUP:** BUTTERNUT SQUASH (V,GF, CE)  
**MAIN COURSE:** MEAT FEAST 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)  
**FILLED JACKET:** CHICKEN TIKKA (H, CE)  
**DESSERT:** WHITE CHOCOLATE CHEESECAKE (C, M)

Thursday

**SOUP:** TOMATO AND PEPPER (V,GF, CE)  
**MAIN COURSE:** BEEF & VEGETABLE STEW WITH DUMPLING (C, CE, E, MU)  
**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:** CHERRY AND ALMOND CRUMBLE WITH CUSTARD (C, M, N, SD)

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:** OAT AND RAISIN MUFFIN (C, M, E, SD)

## JACKET POTATOES WITH VARIOUS FILLINGS

## DAILY SELECTION OF FRESHLY PREPARED PANINI'S

## SELECTION OF FRESHLY PREPARED HOT OR COLD DESSERTS



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

# SPRING MENU

JANUARY - MARCH  
2018



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