

WEEK 1	WEEK 2	WEEK 3
<p>MONDAY</p> <p>SOUP: LEEK AND POTATO (V, GF, CE) MAIN COURSE: CAJUN CHICKEN WITH ROASTED VEGETABLES (GF, H, CE, M) VEGETARIAN MAIN: PROVENCAL VEGETABLE STUFFED PEPPER (V, CE, GF) MAINS SERVED WITH A CHOICE OF: SAVOURY RICE (GF, CE) & TOSSED SALAD DELI WRAP: CHICKEN AND PEPPERS (C, H) DESSERT: CHERRY FLAPJACK (C, M)</p>	<p>MONDAY</p> <p>SOUP: CARROT AND CORIANDER (V, GF, CE) MAIN COURSE: SWEET AND SOUR CHICKEN WITH SWEET PEPPERS (H, CE, GF) SERVED BRAISED RICE VEGETARIAN MAIN: VEGETABLE AND LENTIL MASALA WITH BRAISED RICE (V, CE, GF) DELI WRAP: JERK CHICKEN (C, H) DESSERT: ICED GINGERBREAD LOAF (C, M, E, SD)</p>	<p>MONDAY</p> <p>SOUP: BROCCOLI (V, M, CE, GF) MAIN COURSE: PORK AND BEEF MEATBALLS COOKED IN TOMATO SAUCE, PASTA AND TOSSED SALAD (C, CE, S, SD) VEGETARIAN MAIN: CRISPY CHEESY POTATO TOPPED VEGETABLE PIE (GF, V, M, E, C) PASTA (E, C)/NOODLE(E, C)/RICE BAR: BBQ CHICKEN (GF,H, CE), ARRIABIATTA (GF,V,CE) MAINS SERVED WITH A CHOICE OF: TOSSED SALAD, BRASIED RICE DESSERT: OAT FLAPJACK (C, M)</p>
<p>TUESDAY</p> <p>SOUP: SWEET POTATO (V, GF, CE) MAIN COURSE: BEEF LASAGNE WITH GARLIC BREAD (M, MU, C, CE, E, SS, S) VEGETARIAN MAIN: CHICK PEA AND SWEET POTATO SAMAOSA WITH CUCUMBER & YOGHURT AND SAAG GOBI (CAULI/ SPINACH & POTATO CURRY) (C, CE, S, SS) PASTA (E, C)/NOODLE(E, C)/RICE BAR: CHICKEN TERIYAKI (GF,H, CE), VEGETABLE SWEET AND SOUR (GF,V,CE) DESSERT: CHOCOLATE MOUSSE (C, E, M)</p>	<p>TUESDAY</p> <p>SOUP: VEGETABLE (V, GF, CE) MAIN COURSE: HERB ROASTED CHICKEN (H, GF) WITH NEW POTATOES, PEAS & GLAZED CARROTS (V, GF, M) VEGETARIAN MAIN: MACARONI AND CHEESE WITH CRISPY LEEKS, GARLIC BREAD AND LEAF SALAD (V, M, E, CE, C) PASTA (E, C)/NOODLE(E, C)/RICE BAR: CHILLI CHICKEN (GF,H, CE) TOMATO AND HERB (GF,V,CE) DESSERT: CHERRY AND ALMOND SLICE (M,N, C, E)</p>	<p>TUESDAY</p> <p>SOUP: TOMATO AND BASIL (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: STRAWBERRY MOUSSE (C, E, M)</p>
<p>WEDNESDAY</p> <p>SOUP: SPINACH (V, GF, CE) MAIN COURSE: CHICKEN AND MUSHROOM PIE (C, CE, E, M), STEAK PIE (C, CE, E, M) VEGETARIAN MAIN: VEGETABLE CORNISH PASTY (V, C, M, E) MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU) OR MUSHY PEAS DELI WRAP: BBQ PULLED CHICKEN (C, H) DESSERT: MANGO AND PASSION FRUIT YOGHURT (M)</p>	<p>WEDNESDAY</p> <p>SOUP: POTATO AND SPINACH (CE, GF, V) MAIN COURSE: BURGER BAR CAJUN CHICKEN BURGER (H, GF, 100% BEEF BURGER (C, CE, SD), 100% PORK AND SAGE 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: CHOCOLATE CRUNCH WITH CUSTARD (C, E, M)</p>	<p>WEDNESDAY</p> <p>SOUP: BUTTERNUT SQUASH (V, GF, CE) MAIN COURSE: MEAT FEAST PIZZA (M, C, SS, S, SD) VEGETARIAN MAIN: ROASTED VEGETABLE PIZZA (V, M, C, SS, S) MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU) DELI WRAP: FIRECRACKER CHICKEN (H, C, CE) DESSERT: CHOCOLATE COOKIE (M, C, SD)</p>
<p>THURSDAY</p> <p>SOUP: THAI VEGETABLE (V, S, CE, GF) MAIN COURSE: NOODLE BAR BEEF IN BLACK BEAN WITH GREEN PEPPERS (CE, S, SS, SD), SZECHUAN CHICKEN (SS, S, CE) VEGETARIAN MAIN: ORIENTAL VEGETABLES (CE, SS, S) MAINS SERVED WITH A CHOICE OF: EGG NOODLES (E, C, SS), PRAWN CRACKERS DESSERT: OAT COOKIE (C, M, E)</p>	<p>THURSDAY</p> <p>SOUP: TOMATO (V, CE, GF) MAIN COURSE: ROASTED PORK WITH ROASTED POTATOES, SEASONAL VEGETABLES, GRAVY (CE, GF) SAGE AND ONION STUFFING (C, M, CE) VEGETARIAN MAIN: THREE BEAN CHILLI WITH BRAISED RICE (V, GF, CE, E) PASTA (E, C)/NOODLE(E, C)/RICE BAR: BBQ SAUSAGE (CE, SD, CE, C, E) HOI SIN VEGETABLES (GF, V,CE) DESSERT: APPLE AND PEAR CRUMBLE WITH CUSTARD (C, E, M)</p>	<p>THURSDAY</p> <p>SOUP: POTATO AND SPRING ONION (V, GF, CE) MAIN COURSE: TEX MEX PIRI PIRI CHICKEN WINGS (H, GF, CE), CHILLI BEEF ENCHILLADA (CE, C, SS) CAJUN PULLED CHICKEN TACO (H, C, CE, SS) VEGETARIAN MAIN: VEGETABLE CHILLI NACHO (V, S, SS, M) MAINS SERVED WITH A CHOICE OF: POTATO WEDGES (GF), SWEETCORN AND PEPPERS (GF), CHILLI BEANS (CE) DESSERT: SPICED APPLE & CINAMMON PIE AND CUSTARD (C, M, E, SD)</p>
<p>FRIDAY</p> <p>SOUP: TOMATO (V, C, CE) CHIP SHOP DAY - MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU), CHICKEN KEBAB STYLE MEAT (H, GF, MU, CE) MINCE BEEF AND ONION PIE (CE, C,M,E) CHEESE AND ONION PATTIE (V, C, E, MU, M) MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES, MUSHY PEAS, CURRY SAUCE, GRAVY DESSERT: SHORTBREAD (M,C)</p>	<p>FRIDAY</p> <p>SOUP: CAULIFLOWER (V, GF, 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 DESSERT: BANANA MUFFIN (C, M, E, SD)</p>	<p>FRIDAY</p> <p>SOUP: VEGETABLE (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: CHOCOLATE MUFFIN (C, E, M)</p>
<p>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</p>		

WEEK 4

MONDAY

SOUP: TOMATO AND PEPPER (V, GF, CE)
MAIN COURSE: CHILLI CON CARNE WITH BRAISED RICE (CE) WITH SOURED CREAM AND TORTILLAS (C, M, E, SS, S)
VEGETARIAN MAIN: CHUNKY RATATOUILLE WITH BASIL, GARLIC AND HERB POTATOES (V, GF, CE)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
DELI WRAP: THAI RED CHICKEN (C, SD, SS)
DESSERT: LEMON AND LIME DRIZZLE CAKE AND CUSTARD (E, C, M)

TUESDAY

SOUP: MUSHROOM (V, GF, CE)
MAIN COURSE: CHIPOTLE CHICKEN & PEPPER FAJITA (H, C, CE) WITH PAPRIKA WEDGES, ROASTED CORN & CHOPPED SALAD
VEGETARIAN MAIN: CAULIFLOWER AND SPINACH DAAL (GF, V, CE) WITH BRAISED RICE (GF, CE), FLAT BREAD (C, E, M, SS) AND TOSSED SALAD
PASTA (E, C)/NOODLE(E, C)/RICE BAR: CHICKEN IN TOMATO AND BASIL SAUCE (GF, H, CE) TOMATO AND BASIL (GF,V,CE)
DESSERT: FROSTED CARROT CAKE (C, E, M, SD)

WEDNESDAY

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

THURSDAY

SOUP: FIVE BEAN (V, C, CE)
MAIN COURSE: HONEY BAKED GAMMON (SD) WITH GRAVY (GF, CE)
VEGETARIAN MAIN: BAKED QUORN SAUSAGES (V, CE, M) WITH GRAVY
MAINS SERVED WITH A CHOICE OF: CREAMED POTATO, GARDEN PEAS
PASTA (E, C)/NOODLE(E, C)/RICE BAR: BEEF AND TOMATO (GF, CE) TOMATO AND PEPPER (GF,V,CE)
DESSERT: STEAMED BANANA AND SYRUP SPONGE WITH CUSTARD (C, E, M, SD)

FRIDAY

SOUP: BROCCOLI (V, GF, CE)
MAIN COURSE: FISH FINGER WRAP (F, M, E, C, MU) OR SOUTHERN STYLE CHICKEN WRAP (H, M, E, C, MU)
VEGETARIAN MAIN: CHEESE AND ONION ROLL (V, M, E, CE, C)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES & GARDEN PEAS
DESSERT: CHOCOLATE SHORTBREAD (C, M, E)

AVAILABLE EVERYDAY

**JACKET POTATOES
WITH VARIOUS FILLINGS**

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

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



APRIL					MAY				
						1	2	3	4
					7	8	9	10	11
16	17	18	19	20	14	15	16	17	18
23	24	25	26	27	21	22	23	24	25
30									
WEEK1	WEEK2	WEEK3	WEEK4						
M	T	W	T	F	M	T	W	T	F
JUNE					JULY				
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					

SUMMER MENU

APRIL - JULY
2018



www.barrbeaconschool.co.uk

THIS DOCUMENT IS AVAILABLE ONLINE