

# 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



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