

# WEEK 1

**Monday**  
**SOUP:** PEA AND HAM SOUP (CE, M, GF,)  
**MAIN COURSE:** COTTAGE PIE (CE, C, SD, M,) GRAVY(GF)  
**VEGETARIAN MAIN:** SWEET POTATO AND SPINACH CASSEROLE (N, CE, M, GF,)  
**PASTA BAR** CHICKEN AND PEPPERS IN BBQ SAUCE/VEGETARIAN ZINGY PEPPER (SD)  
**MAINS SERVED WITH** GLAZED CARROTS AND BROCOLLI  
**DESSERT:** CHOCOLATE COOKIE(M,C,E,)

**Tuesday**  
**SOUP:** PARSNIP (M, CE, MU, V, H,)  
**MAIN COURSE:** CAJUN ROAST CHICKEN (GF)  
**VEGETARIAN MAIN:** BROCCOLI SLICE (M C)  
**MAINS SERVED WITH A CHOICE OF:** SPICED WEDGE POTATOES / VEGETABLES  
**PASTA BAR** CHILLI BEEF /VEGETABLE CHILLI (MU CE)  
**DESSERT :** APPLE CRUMBLE AND CUSTARD (M, E ,C, V ,H,)

**Wednesday**  
**SOUP:** TOMATO AND PEPPER SOUP (GF, V, H,)  
**MAIN COURSE:** PORK SAUSAGE ROLL (C, M, E,)  
**VEGETARIAN MAIN:** CHEESE AND ONION PASTIE (M, C,)  
**MAINS SERVED WITH A CHOICE OF:** FARMHOUSE FRIES (C, E,) PEAS  
**DELI WRAP:** CAJUN CHICKEN AND PEPPERS (M C)  
**DESSERT:** FLAPJACK (C M)

**Thursday**  
**SOUP:** VEGETABLE SOUP (V H)  
**MAIN COURSE:** BAKED GAMMON WITH ROAST POTATOES AND CAULIFLOWER CHEESE (M C) GRAVY(GF,)  
**VEGETARIAN MAIN:** VEGETABLE CHEESE PIE (M, C, E,)  
**DELI WRAP:** SWEET AND SOUR CHICKEN WRAP (C M SD)  
**DESSERT:** MANGO CHEESECAKE ( C, M, E,)

**Friday**  
**SOUP:** CARROT AND CORIANDER SOUP (V, H,)  
**MAIN COURSE:** CHICKEN GOUJONS (C, M, E)  
**VEGETARIAN MAIN:** SOUTHERN FRIED QUORN BITES(E,)  
**MAINS SERVED WITH A CHOICE OF:** FARMHOUSE FRIES & HOMEMADE COLESLAW (E)  
**DESSERT:** CHOCOLATE CHIP MUFFIN (C, M, E,)

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

# WEEK 2

**Monday**  
**SOUP:** CURRIED PARSNIP (M, CE, MU, V, H,)  
**MAIN COURSE:** CHICKEN BALTI (MU)  
**VEGETARIAN MAIN:** CAULIFLOWER AND SPINACH DAHANSAK (M, V, H,)  
**MAINS SERVED WITH A CHOICE OF:** RICE AND NAAN BREAD (C)  
**PASTA BAR:** BBQ CHICKEN (C, E,) TOMATO ARRABBIATA SAUCE  
**DESSERT:** OATMEAL COOKIE (C M E)

**Tuesday**  
**SOUP:** TOMATO (C)  
**MAIN COURSE:** BEEF LASAGNE (C, E, CE, M,)  
**VEGETARIAN MAIN:** TOMATO AND MACARONI CHEESE (M, E, C, MU, V, H,)  
**MAINS SERVED WITH A CHOICE OF:** TOSSED SALAD/ GARLIC BREAD (C, M,)  
**DELI WRAP:** CHICKEN TIKKA (CE, MU, C,)  
**DESSERT:** CHOCOLATE CHIP COOKIE (M,C,E,)

**Wednesday**  
**SOUP:** ROASTED CAULIFLOWER (V, H,)  
**MAIN COURSE:** PEPPERONI PIZZA (C, E, M,)  
**VEGETARIAN MAIN:** CHEESE AND TOMATO PIZZA (C, E, M,)  
**MAINS SERVED WITH A CHOICE OF:** HOME MADE COLESLAW OR BAKED BEANS (E,) FARMHOUSE FRIES  
**DESSERT:** ORANGE JELLY

**Thursday**  
**SOUP:** LEEK AND POTATO (M,)  
**MAIN COURSE:** ROAST PORK LOIN  
**VEGETARIAN MAIN:** VEGETABLE AND LENTIL ROAST (V, H,)  
**MAINS SERVED WITH:** ROAST POTATOES AND VEGETABLES  
**DELI WRAP:** PULLED BBQ CHICKEN (C)  
**DESSERT:** CHOCOLATE CAKE AND CUSTARD (C, E, M,)

**Friday**  
**SOUP:** VEGETABLE SOUP (V, H,)  
**MAIN COURSE:** CHICKEN GOUJONS (C, M, E,)  
**VEGETARIAN MAIN:** QUORN SOUTHERN FRIED BITES (V, H, E,)  
**MAINS SERVED WITH A CHOICE OF:** WITH FARMHOUSE FRIES & PEAS  
**DESSERT:** STRAWBERRY MOUSSE (M, E,)

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

# WEEK 3

**Monday**  
**SOUP:** CREAM OF MUSHROOM SOUP (M, V, GF, H,)  
**MAIN COURSE:** ALL DAY BREAKFAST PORK SAUSAGE BACK BACON (C, SD,)  
**VEGETARIAN MAIN:** QUORN SAUSAGE AND VEGETABLE PATTIE (E,)  
**MAINS SERVED WITH A CHOICE OF** BEANS TOMATO MUSHROOMS AND HASH BROWNS  
**DESSERT:** CHOCOLATE FUDGE PUDDING CUSTARD (M, E, C,)

**Tuesday**  
**SOUP:** SWEET POTATO SOUP  
**MAIN COURSE:** PORK AND BEEF MEATBALLS (C, E,)  
**VEGETARIAN MAIN:** QUORN MEATBALLS (E,)  
**MAINS SERVED WITH** BRAISED RICE PEAS AND SWEETCORN DELI WRAP BBQ PORK AND SPICED WEDGES (SD)  
**DESSERT:** LEMON DRIZZLE CAKE (C, E, M,)

**Wednesday**  
**SOUP:** FRENCH ONION SOUP (V, H, GF,)  
**MAIN COURSE:** BEEF BURGER\ 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)  
**DESSERT:** VANILLA SPONGE PINK CUSTARD (C, E, M, )

**Thursday**  
**SOUP:** CHICKEN SOUP (C)  
**MAIN COURSE:** ROAST CHICKEN DINNER  
**VEGETARIAN MAIN:** ROAST STUFFED BUTTERNUT SQUASH (V H)  
**MAINS SERVED WITH A CHOICE OF:** ROAST POTATOES SEASONAL VEGETABLES AND STUFFING (C,)  
**DESSERT:** ETON MESS (E,)

**Friday**  
**SOUP:** BROCCOLI SOUP (M, V, H, GF,)  
**MAIN COURSE:** CHICKEN GOUJONS (M, C, E,)  
**VEGETARIAN MAIN:** VEGETABLE PASTIE (C,M,E,)  
**MAINS SERVED WITH A CHOICE OF:** WITH FARMHOUSE FRIES & PEAS  
**DESSERT:** STICKY TOFFEE PUDDING AND CUSTARD(M,E, V,H,)

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

# WEEK 4

Available Everyday

Monday

**SOUP:** POTATO AND LEEK (V, H,)  
**MAIN COURSE:** CHICKEN CHOW MEIN (C, SS, N, E,)  
**VEGETARIAN MAIN:** VEGETABLE CHOW MEIN (V, H, SS, N, E.C.)  
**MAINS SERVED WITH A CHOICE OF:** BRAISED RICE NOODLES (E, C,) PRAWN CRACKERS (C) SALAD  
**DELI WRAP:** HOISIN CHICKEN (C, SS, MU, CE,)  
**DESSERT:** FRUIT PANCAKES (C,E, M,)

Tuesday

**SOUP:** TOMATO AND PEPPER SOUP (GF, V, H,)  
**MAIN COURSE:** BEEF CHILLI ENCHILADAS (C,)  
**VEGETARIAN MAIN:** VEGETABLE AND CHILLI ENCHILADAS(C.)  
**MAINS SERVED WITH A CHOICE OF:** SPICED WEDGES AND SWEETCORN AND PEPPERS  
**PASTA BAR:** BEEF BOLOGNAISE TOMATO AND BASIL PASTA (C, SD,)  
**DESSERT:** FUDGE BROWNIES(C, M, E,)

Wednesday

**SOUP:** CARROT SOUP (M, V, H,)  
**MAIN COURSE:** FISH IN BATTER (F, M, E, C,)  
**VEGETARIAN MAIN:** VEGETABLE PASTIE(C)  
**MAINS SERVED WITH A CHOICE OF:** FARMHOUSE FRIES AND PEAS  
**DESSERT:** STRAWBERRY JELLY

Thursday

**SOUP:** ROASTED VEGETABLE (V, H, GF,)  
**MAIN COURSE:** PORK SAUSAGES AND MASHED POTATO (C, SD,)  
**VEGETARIAN MAIN:** VEGETABLE QUORN SAUSAGE(E,)  
**MAINS SERVED WITH A CHOICE OF:** PEAS, BEANS, AND GRAVY (GF)  
**DESSERT:** BAKED APPLE CHARLOTTE(M, E, C, V, H, )

FRIDAY

**SOUP:** SWEET POTATO SOUP (GF, V, H,)  
**MAIN COURSE:** CHICKEN GOUJONS (E, M, C,)  
**VEGETARIAN MAIN:** QUORN SOUTHERN FRIED GOUJONS(E,)  
**MAINS SERVED WITH A CHOICE OF:** WITH FARMHOUSE FRIES, MUSHY PEAS, OR BAKED BEANS  
**DESSERT:** SHORTBREAD (C,M,)

## JACKET POTATOES WITH VARIOUS FILLINGS

## DAILY SELECTION OF FRESHLY PREPARED PANINI'S SALAD BAR

## SELECTION OF FRESHLY PREPARED HOT OR COLD DESSERTS



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

NOVEMBER - DECEMBER

2018



[www.barrbeaconschool.co.uk](http://www.barrbeaconschool.co.uk)

THIS DOCUMENT IS AVAILABLE ONLINE

