

WEEK 1

WEEK 2

WEEK 3

MONDAY

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
DESSERT: VANILLA SPONGE WITH FRUIT AND CREAM (C,E,M)

MONDAY

SOUP: CARROT AND CORIANDER (V,GF, CE)
MAIN COURSE: SPAGHETTI BEEF BOLOGNAISE (CE,E,C,)
VEGETARIAN MAIN: QUORN SPAGHETTI BOLOGNAISE (V, CE,)
MAINS SERVED WITH A CHOICE OF GARLIC BREAD AND SALAD
PASTA(E,C)/NOODLE(E,C)/RICE BAR:
 ITALIAN CHICKEN (C,H,CE), CREAMY LEEK (M,V,CE)
DESSERT: CHOCOLATE CONCRETE AND CUSTARD (C, E, M)

MONDAY

SOUP: BROCCOLI (V, M, CE, GF)
MAIN COURSE: CRISP BATTERED CHICKEN (C,H, S, SD)
VEGETARIAN MAIN: LEEK AND MUSHROOM RISOTTO (V, M, E, C)
MAINS SERVED WITH A CHOICE OF:
 ROASTED WEDGES, TOSSED SALAD/ROASTED VEGETABLES (SD,C)
DELI WRAP: CHICKEN TIKKA (H, C, N)
DESSERT: VICTORIA SPONGE (C, E, M)

TUESDAY

SOUP: SWEET POTATO (V,GF, CE)
MAIN COURSE: ROASTED CHICKEN WRAPPED IN BACON TOPPED WITH CHEESE (M, MU, C,CE, E, SS, S)
VEGETARIAN MAIN: ROASTED PEPPER STUFFED WITH TOMATO AND BASIL VEGETABLES TOPPED WITH CHEESE
MAINS SERVED WITH A CHOICE OF ROASTED POTATOES COLESLAW / SWEETCORN / BBQ SAUCE /SALAD (C,MU,SD)
PASTA(E,C)/NOODLE(E,C)/RICE BAR:
 BBQ SAUSAGE (C, CE), TOMATO AND BASIL (GF,V,CE)
DESSERT: CHOCOLATE CAKE AND CUSTARD (C, E, M)

TUESDAY

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 CHICKEN TACO (H, C, CE, SS)
VEGETARIAN MAIN: VEGETABLE CHILLI NACHOS (V, S, SS, M)
MAINS SERVED WITH A CHOICE OF:
 POTATO WEDGES (GF), SWEETCORN AND PEPPERS (GF)
DESSERT: CHERRY AND ALMOND SLICE (M,N, C, E)

TUESDAY

SOUP: TOMATO AND BASIL(V,GF, CE)
MAIN COURSE: CURRY BAR
 CHICKEN TIKKA (H,CE,N,), LAMB ROGON JOSH (CE,SD,N)
VEGETARIAN MAIN: CAULIFLOWER AND SPINACH DAAL (GF,V, CE)
MAINS SERVED WITH A CHOICE OF: BRAISED RICE (GF, CE), NAAN BREAD (C, E, M, SS) AND CUCUMBER SALAD
PASTA(E,C)/NOODLE(E,C)/RICE BAR: BEEF AND TOMATO (GF, CE)
 TOMATO AND PEPPER (GF,V,CE)
DESSERT: ETON MESS (C, E, M)

WEDNESDAY

SOUP: MUSHROOM (V,GF, CE)
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)
DESSERT: CORNFLAKE CAKE (C,M,E)

WEDNESDAY

SOUP: POTATO AND SPINACH (CE, GF,V)
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)
DESSERT: ICED LEMON SPONGE (C, M, E, SD)

WEDNESDAY

SOUP: BUTTERNUT SQUASH (V,GF, CE)
MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU)
VEGETARIAN MAIN: VEGETABLE BURGER (V, M, C, CE, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU) CURRY SAUCE (MU,SD,CE)
DESSERT: CHOCOLATE /STRAWBERRY MOUSSE (M, SD)

THURSDAY

SOUP: VEGETABLE (V,S,CE, GF)
MAIN COURSE: ROAST DINNER
 ROAST CHICKEN (H,) **VEGETARIAN MAIN:** ROASTED STUFFED BUTTERNUT SQUASH (CE, SS,S)
MAINS SERVED WITH A CHOICE OF:
 ROAST POTATOES, SEASONAL VEGETABLES, STUFFING AND GRAVY
PASTA(E,C)/NOODLE(E,C)/RICE BAR:
 CHILLI BEFF (GF,, CE) TOMATO AND HERB (GF,V,CE)
DESSERT: APPLES AND SUMMER FRUIT CRUMBLE WITH CREAM/CUSTARD(C, M, E)

THURSDAY

SOUP: TOMATO (V,CE, GF)
MAIN COURSE: PORK SAUSAGES WITH GRAVY (C,CE, SD, SS,MU) MASHED POTATO AND CARROTS
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:
 SWEET CHILLI CHICKEN (GF,H, CE), HOI SIN VEGETABLES (GF,V,CE)
DESSERT: JAM ROLY (C, E, M)

THURSDAY

SOUP: POTATO AND SPRING ONION (V,GF, 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 MASHED POTATO OR GARDEN PEAS
PASTA(E,C)/NOODLE(E,C)/RICE BAR:
 BBQ CHICKEN (H,CE,SD,) CHUNKY BBQ VEGETABLES (V,CE,SD)
DESSERT: JAFFA CAKE(C, M, E, SD)

FRIDAY

SOUP: TOMATO (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
DESSERT: FLAPJACK (C, M, E,)

FRIDAY

SOUP: BUTTERNUT SQUASH (V,GF, CE)
MAIN COURSE: PEPPERONI 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)
DESSERT: CHOCOLATE SHORTBREAD (C, M, E)

FRIDAY

SOUP: VEGETABLE (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: STRAWBERRY JELLY (GF,H)

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
 V – VEGETARIAN H – HALAL GF – GLUTEN FREE

WEEK 4

MONDAY

SOUP: TOMATO AND PEPPER (V,GF, CE)
MAIN COURSE: CHICKEN IN BLACK BEAN WITH GREEN PEPPERS (CE, H S, SS,SD), SWEET AND SOUR CHICKEN (C, SS, SD)
VEGETARIAN MAIN: ORIENTAL VEGETABLES (CE, SS, S)
MAINS SERVED WITH A CHOICE OF:
 EGG NOODLES (E, C, SS), PRAWN CRACKERS
DELI WRAP: CRISPY BREADED CHICKEN AND LETTUCE (C, H)
 SOUTHERN COATED QUORN AND LETTUCE (V,C)
DESSERT: SWISS ROLL (E, C, M)

TUESDAY

SOUP: MUSHROOM (V, GF, CE)
MAIN COURSE: CURRY BAR
 CHICKEN TIKKA, CHICKEN KORMA, LAMB ROGON JOSH
VEGETARIAN MAIN: CAULIFLOWER AND SPINACH DAAL (GF, V, CE)
MAINS SERVED WITH A CHOICE OF:
 BRAISED RICE (GF, CE), NAAN BREAD (C, E, M, SS) AND CUCUMBER SALAD
PASTA(E,C)/NOODLE(E,C)/RICE BAR:
 BEEF AND TOMATO (GF, CE) TOMATO AND PEPPER (GF,V,CE)
DESSERT: CHOC CHIP MUFFIN (C, E, M, SD)

WEDNESDAY

SOUP: POTATO AND SPINACH (CE, GF,V)
MAIN COURSE: PORK SAUSAGE / FISH FINGERS (SD,F,CE)
VEGETARIAN MAIN:
 QUORN SAUSAGE / VEGETABLE PATTIE (V, S, C SS, M, E)
MAINS SERVED WITH A CHOICE OF:
 FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E,)
DESSERT: CHERRY MUFFINS (C, E, M, SD)

THURSDAY

SOUP: SPINACH (V,GF, CE)
MAIN COURSE:
 CHICKEN LASAGNA (H,C,CE,M,E), BEEF LASAGNA (C,CE, E, M),
VEGETARIAN MAIN: VEGETABLE LASAGNA (V, C, M, E)
MAINS SERVED WITH A CHOICE OF:
 SALAD AND GARLIC BREAD
DESSERT: GRONOLA AND GREEK YOGHURT (M,C,N)

FRIDAY

SOUP: BROCCOLI (V,GF, CE)
MAIN COURSE: PEPPERONI 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)
DESSERT: CHOCOLATE COOKIE(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**



WEEK1		WEEK2		WEEK 3			WEEK4		
APRIL				MAY					
						1	2	3	
					7	8	9	10	
				13	14	15	16	17	
29	30			20	21	22	23	24	

M	T	W	T	F	M	T	W	T	F
JUNE					JULY				
3	4	5	6	7	1	2	3	4	5
10	11	12	13	14	8	9	10	11	12
17	18	19	20	21	15	16	17	18	19
24	25	26	27	28					

SUMMER MENU

**APRIL - JULY
 2019**



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