

WEEK 1	WEEK 2	WEEK 3
<p><b>MONDAY</b></p> <p><b>SOUP:</b> LEEK AND POTATO (V,GF, CE)  <b>MAIN COURSE:</b> COTTAGE PIE (D,E,SD,GF)  <b>VEGETARIAN MAIN:</b> QUORN SHEPHERDS PIE (GF, D, E, V)  <b>MAINS SERVED WITH A CHOICE OF:</b> SEASONAL VEGETABLES GRAVY (V,GF) OR BEANS (V,GF)  <b>PASTA(E,C)/NOODLE(E,C)/RICE BAR:</b> CHICKEN ITALIANO (GF,H, CE) BASILICO, A TOMATO AND BASIL SAUCE (GF,V,CE)  <b>DESSERT:</b> FLAPJACK (SD, C, M)</p>	<p><b>MONDAY</b></p> <p><b>SOUP:</b> CARROT AND CORIANDER (V,GF, CE)  <b>MAIN COURSE:</b> SPAGHETTI BEEF BOLOGNESE ( C,E, )  <b>VEGETARIAN MAIN:</b> SPAGHETTI QUORN BOLOGNESE (V,E,C)  <b>MAINS SERVED WITH A CHOICE OF:</b> GARLIC BREAD AND SALAD  <b>DELI WRAP:</b> BBQ PULLED CHICKEN ( SD, H)  <b>SERVED WITH A CHOICE OF :</b> RICE , BEANS , SALAD  <b>DESSERT:</b> CHOCOLATE CAKE AND CUSTARD (C,E,D)</p>	<p><b>MONDAY</b></p> <p><b>SOUP:</b> CHUNKY VEGETABLE BROTH (V,GF, CE)  <b>MAIN COURSE: ALL DAY BREAKFAST</b>  SAUSAGE (SD, C,MU,CE), BACON (SD), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG (E,D), MUSHROOMS  <b>VEGETARIAN MAIN:</b>  <b>ALL DAY BREAKFAST</b> QUORN SAUSAGE(V, GF,E,D,CE), VEGETABLE PATTIE(C, CE, MU), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG(D,E), MUSHROOMS  <b>DESSERT:</b> CHOCOLATE CONCRETE AND CUSTARD (C,E,D)</p>
<p><b>TUESDAY</b></p> <p><b>SOUP:</b> SWEET POTATO (V,GF, CE)  <b>MAIN COURSE: ALL DAY BREAKFAST</b>  SAUSAGE (SD, C,MU,CE), BACON (SD), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG (E,D), MUSHROOMS  <b>VEGETARIAN MAIN:</b>  <b>ALL DAY BREAKFAST</b> QUORN SAUSAGE(V, GF,E,D,CE), VEGETABLE PATTIE(C, CE, MU), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG(D,E), MUSHROOMS  <b>DESSERT:</b> CHOCOLATE SHORTBREAD WITH PINK ICING (D, C,)</p>	<p><b>TUESDAY</b></p> <p><b>SOUP:</b> VEGETABLE (V,S,CE, GF)  <b>MAIN COURSE:</b> PORK AND BEEF MEATBALLS COOKED IN TOMATO SAUCE WITH PASTA (C, CE, S, SD)  <b>VEGETARIAN MAIN:</b> QUORN MEATBALLS COOKED IN TOMATO SAUCE WITH PASTA (C, V,CE, S, SD)  <b>MAINS SERVED WITH A CHOICE OF:</b> TOSSED SALAD OR CHEESE  <b>PASTA(E,C)/NOODLE(E,C)/RICE BAR:</b> SWEET CHILLI CHICKEN (H, SS, S), ARRABIATA (GF,V,CE)  <b>DESSERT</b> CHOCOLATE CAKE AND CUSTARD (C,D,E)  <b>DESSERT:</b> CHOCOLATE CORNFLAKE HEDGEHOG (C, D)</p>	<p><b>TUESDAY</b></p> <p><b>SOUP:</b> CARROT AND CORIANDER (V,GF, CE)  <b>MAIN COURSE:</b>  CHILLI BEEF ENCHILADA (CE,C,M,SS), CHICKEN AND PEPPERS ENCHILADA IN A RICH TOMATO SAUCE (H,D, CE,C,SS)  <b>VEGETARIAN MAIN:</b> VEGETABLE CHILLI ENCHILADA (CE,D,C,SS)  <b>MAINS SERVED WITH A CHOICE OF</b>  POTATO WEDGES AND ROASTED SWEETCORN  <b>PASTA(E,C)/NOODLE(E,C)/RICE BAR:</b>  BBQ SAUSAGE (CE,SD,C), TOMATO AND BASIL (V,CE,)  <b>DESSERT:</b> PINK JAM SLICE (D,E,C)</p>
<p><b>WEDNESDAY</b></p> <p><b>SOUP:</b> MUSHROOM (V,GF, CE)  <b>MAIN COURSE: LOADED CHIP DAY</b>  BEEF &amp; TOMATO BOLOGNESE (GF,CE, ), CHICKEN TIKKA (H, CE, SS)  <b>VEGETARIAN MAIN:</b> QUORN KORMA (V, N, D,E)  <b>MAINS SERVED WITH A CHOICE OF:</b> FARMHOUSE FRIES, SALAD  <b>DESSERT:</b> VICTORIA SPONGE (C,E,D)</p>	<p><b>WEDNESDAY</b></p> <p><b>SOUP:</b> CAULIFLOWER (V,GF, CE)  <b>MAIN COURSE:</b> STEAK PASTY (C, M)  <b>VEGETARIAN MAIN :</b> CHEESE AND ONION PASTY (V, C, E, MU, D)  <b>MAINS SERVED WITH A CHOICE OF:</b> FARMHOUSE FRIES, MUSHY PEAS , BAKED BEANS OR GRAVY (GF, CE)  <b>DELI WRAP:</b> SWEET CHILLI CHICKEN (GF , H)  <b>DESSERT:</b> TOFFEE APPLE SPONGE CAKE (C,D,E,)</p>	<p><b>WEDNESDAY</b></p> <p><b>SOUP:</b> POTATO AND SPINACH (CE, GF,V)  <b>MAIN COURSE:</b> CHICKEN BURGER ( H , ), 100% BEEF BURGER (C, CE, SD), IN A FLOUR BAP (C, SS, D)  <b>VEGETARIAN MAIN:</b> VEGETABLE BURGER (V, D, C, CE, E)  <b>MAINS SERVED WITH A CHOICE OF:</b> FARMHOUSE FRIES AND HOMEMADE COLESLAW (D, E, MU)  <b>DESSERT:</b> CHOCOLATE CHIP MUFFINS (C, E, D)</p>
<p><b>THURSDAY</b></p> <p><b>SOUP:</b> VEGETABLE (V,GF, CE)  <b>MAIN COURSE:</b> ROAST CHICKEN (GF, H)  <b>VEGETARIAN MAIN:</b> VEGETABLE AND STUFFING WELLINGTON (D,C,MU,V)  <b>MAINS SERVED WITH A CHOICE OF:</b>  ROAST POTATOES,VEGETABLES, SAGE AND ONION STUFFING (C, M, CE) AND GRAVY (V,GF)  <b>PASTA(E,C)/NOODLE(E,C)/RICE BAR:</b> FIRECRACKER CHICKEN (H,CE,GF), TOMATO AND HERB (GF,V,CE)  <b>DESSERT:</b> CHOCOLATE BROWNIE (D,N,C, E)</p>	<p><b>THURSDAY</b></p> <p><b>SOUP:</b> TOMATO (V,CE, GF)  <b>MAIN COURSE:</b> SAUSAGE CASSEROLE (C, D,E,CE) CHICKEN CASSEROLE (H,CE,) SERVED WITH CREAMY MASH (D)AND YORKSHIRE PUDDING (E,C)  <b>VEGETARIAN MAIN:</b> SWEET POTATO AND SPINACH FRITTATA SALAD OR BEANS (V,E,D,)  <b>PASTA(E,C)/NOODLE(E,C)/RICE BAR:</b> BBQ CHICKEN ( H ,GF SD, CE,)  PROVENCAL VEGETABLES (GF, V,CE)  <b>DESSERT:</b> APPLE CRUMBLE WITH CUSTARD (C, E, D)</p>	<p><b>THURSDAY</b></p> <p><b>SOUP:</b> CHICK PEAS AND CORIANDER (V,C,CE)  <b>MAIN COURSE:</b> HONEY BAKED GAMMON (SD) WITH GRAVY (GF, CE)  <b>VEGETARIAN MAIN:</b> CHEESE AND POTATO PIE(V,CE, D)  <b>MAINS SERVED WITH A CHOICE OF</b>  CREAMY MASHED POTATO (D,) AND PEAS  <b>PASTA(E,C)/NOODLE(E,C)/RICE BAR:</b>  CHICKEN AND PEPPER (GF, CE,H) TOMATO AND PEPPER (GF,V,CE)  <b>DESSERT:</b> LEMON DRIZZLE (C, E,D,)</p>
<p><b>FRIDAY</b></p> <p><b>SOUP:</b> TOMATO (V,GF, CE)  <b>CHIP SHOP DAY - MAIN COURSE:</b> BATTERED COD FILLET (F, D, E, C, MU), CHICKEN KEBAB STYLE MEAT (H,GF MU,CE,N), MEAT AND ONION PIE (CE, C,M,E), CHEESE AND ONION SLICE (V, C, E, MU, D)  <b>MAINS SERVED WITH A CHOICE OF:</b> WITH FARMHOUSE FRIES, MUSHY PEAS, CURRY SAUCE, GRAVY  <b>DESSERT:</b> VANILLA AND CHOCOLATE CHIP MUFFIN (C, D, SD, E)</p>	<p><b>FRIDAY</b></p> <p><b>SOUP:</b> MUSHROOM (V,GF, CE)  <b>MAIN COURSE:</b> SAUSAGE ROLL (C,D,E,)  <b>VEGETARIAN MAIN:</b> VEGAN SAUSAGE ROLL (V, C,S)  <b>MAINS SERVED WITH A CHOICE OF:</b>  WITH FARMHOUSE FRIES &amp; BEANS  <b>DESSERT:</b> OAT COOKIE (C, D, )</p>	<p><b>FRIDAY</b></p> <p><b>SOUP:</b> VEGETABLE (V,GF, CE)  <b>MAIN COURSE:</b> BREADED CHICKEN GOJONS (H, D, E, C, MU)  <b>VEGETARIAN MAIN:</b> SOUTHERN STYLE CRISPY QUORN BITES (V, C, E,CE)  <b>MAINS SERVED WITH A CHOICE OF:</b> WITH FARMHOUSE FRIES &amp; PEAS  <b>DESSERT:</b> CHOCOLATE CHIP COOKIE (C, E,D)</p>
<p>ALLERGENS KEY C - CEREALS CONTAINING GLUTEN P – PEANUTS N - NUTS (TREE NUTS IE. ALMONDS, WALNUTS) D – DAIRY PRODUCTS S – SOYA</p>	<p>MU – MUSTARD L – LUPIN E – EGGS F - FISH CR - CRUSTACEANS (PRAWNS) MO - MOLLUSCS (SCALLOPS, MUSSELS) SS - SESAME SEED</p>	<p>CE – CELERY SD - SULPHUR DIOXIDE  CUSTOMER INFORMATION V – VEGETARIAN H – HALAL GF – GLUTEN FREE</p>

# WEEK 4

MONDAY

**SOUP:** TOMATO (V,GF, CE)  
**MAIN COURSE:**CHICKEN ESCALOPE WITH CHUNKY VEGETABLES IN A RICH TOMATO SAUCE (CE, SD) AND POTATO WEDGES (V, GF, CE) OPTIONAL BACON AND BBQ SAUCE  
**VEGETARIAN MAIN:**  
 AUBERGINE MELTS WITH COUSCOUS AND SALAD (V, D, C)  
**MAINS SERVED WITH A CHOICE OF:** TOSSED SALAD  
**DELI WRAP:** CRISPY BREADED CHICKEN(C, H, SD) SOUTHERN COATED QUORN (C,SD, V)  
**DESSERT:** VANILLA SPONGE AND CUSTARD (E, C, M)

TUESDAY

**SOUP:** CAULIFLOWER (V,GF, CE)  
**MAIN COURSE: CURRY BAR**  
 CHICKEN TIKKA (H,N,SD) LAMB ROGAN JOSH (GF,MU,)  
**VEGETARIAN MAIN:** QUORN AND CHICK PEA DHANSAK (GF,V, CE)  
**MAINS SERVED WITH A CHOICE OF:**  
 BRAISED RICE (GF, CE),NAAN BREAD  
**PASTA(E,C)/NOODLE(E,C)/RICE BAR:**  
 BEEF BOLOGNESE (GF, CE) POMODORO (GF,V,CE)  
**DESSERT:** BAKED FRUIT CHEESECAKE (C, D,E)

WEDNESDAY

**SOUP:** BUTTERNUT SQUASH (V,GF, CE)  
**MAIN COURSE:** PEPPERONI AND HAM PIZZA (D, C, SS, S, SD)  
**VEGETARIAN MAIN:** CHEESE AND TOMATO PIZZA (V, D, C, SS, S)  
**MAINS SERVED WITH A CHOICE OF:** FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)  
**DESSERT:** ICED FAIRY CAKES (C, E, D, )

THURSDAY

**SOUP:** TOMATO AND PEPPER (V,GF, CE)  
**MAIN COURSE:** BEEF LASAGNE (C,,D,E,)  
**VEGETARIAN MAIN:**  
 MACARONI CHEESE WITH ROASTED TOMATOES (V,D,E,C)  
**MAINS SERVED WITH A CHOICE OF:** GARLIC BREAD AND SALAD  
**DELI WRAP:** CHICKEN TIKKA (H,N,C,)  
**DESSERT:** CHOCOLATE ORANGE SQUARES WITH CUSTARD (C,E,D)

FRIDAY

**SOUP:** LEEK AND POTATO (V, C, CE)  
**MAIN COURSE:** PORK HOT DOGS (C,SD,E,SS)  
**VEGETARIAN MAIN:** QUORN HOT DOG (V,S,SS,E,SD)  
**MAINS SERVED WITH A CHOICE OF:** WITH FARMHOUSE FRIES  
**DESSERT:** CHOCOLATE FLAPJACK (C,D)

## AVAILABLE EVERYDAY

**JACKET POTATOES  
 WITH VARIOUS FILLINGS**

**DAILY SELECTION OF FRESHLY  
 PREPARED PANINIS**

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

**FRESH SANDWICHES AVAILABLE IN THE HALL**

WEEK1	WEEK2	WEEK3	WEEK4
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SEPTEMBER					OCTOBER				
	3	3	5	6		1	2	3	4
9	10	11	12	13	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									
M	T	W	T	F	M	T	W	T	F
NOVEMBER					DECEMBER				
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	
25	26	27	28	29					

# AUTUMN MENU

SEPTEMBER - DECEMBER

2019



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