

Weekly Menu

collocations
A FOOD
STORY

A vegan meal is available on request on days when (vg) is not shown as a choice on the menu.
All our fish is natural whole fillet and although great care has been taken to remove all bones, some may remain.

Week one

Warwickshire, Coventry: 20/11, 11/12, 15/01, 05/02, 26/02, 18/03
Oxfordshire: 30/10, 20/11, 11/12, 15/01, 05/02, 26/02, 18/03
Leicestershire: 30/10, 20/11, 11/12, 15/01, 05/02, 26/02, 18/03

MONDAY

Choose a main meal...
(h) Chicken Biryani with vegetables (su)

(v) Cheese and Tomato Pizza Wedge with Potato Wedges (D.G)

For dessert...
(v) Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Homemade Chocolate Cracknel (G)
(v) Yoghurt (D) or Fresh Fruit

TUESDAY

Choose a main meal...

(h) Minced Beef Burrito with Herby Diced Potatoes – mildly spiced minced beef, salad and grated cheese in a wrap (D.G)

(vg) Breaded Vegetable Fingers with Herby Diced Potatoes (G)

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Jelly with fruit
(v) Homemade Crunch Cookie (G)
(v) Yoghurt (D) or Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Gammon Steak with Gravy

(vg) Quorn Roast with Gravy (G)
Crispy Roast Potatoes

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Apple Crumble with Custard (G.D)
(v) Ice Cream (D)
Fresh Fruit

THURSDAY

Choose a main meal...
Chicken Burger in a High Fibre Bun with Spicy Wedges (G)

(v.h) Tomato Pasta Bake with Freshly Baked Wholegrain Baguette (D.G)

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Mini Waffle with Toffee sauce (G.E.D.SB)
(v) Yoghurt (D) or Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY
(msc) Breaded Fish Fillet Fingers (F) with Chipped Potatoes

(v.h) Roasted Vegetable Frittata (D.E) with Chipped Potatoes

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Cheddar Cheese, Crackers and Apple Wedges (D.G)
(v) Ice Cream (D)
Fresh Fruit

Week two

Warwickshire, Coventry: 06/11, 27/11, 18/12, 22/01, 04/03
Oxfordshire: 06/11, 18/12, 22/01, 04/03, 25/03
Leicestershire: 06/11, 18/12, 22/01, 12/02, 04/03

MONDAY

Choose a main meal...
British Pork Sausages with Gravy & Mashed Potatoes (G.SU)

(v.h) Cheese and Baked Bean Pasta with Diced Potatoes (G.D)

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Yoghurt (D) or Fresh Fruit

TUESDAY

Choose a main meal...
(h) Chicken & Sweetcorn Pasta Bake with Garlic Bread (G.D)

(v) Plantball Melt with Potato Wedges – plantballs in a finger roll topped with rustic tomato sauce and grated cheese (G.D)

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Strawberry Mousse with Fruit (D)
(v) Ginger Cookie (G)
Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)

(vg) Quorn Roast with Gravy (G)
Crispy Roast Potatoes

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Homemade Jam Tart with Custard (D.G)
(v) Chocolate swirl Mousse (D)
Fresh Fruit

THURSDAY

Choose a main meal...
(h) Chicken and Country Vegetable Pie with Herby Diced Potatoes (G)

(vg) Quorn Dippers with Herby diced Potatoes (G)

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Yoghurt (D) or Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY
(msc) Salmon and Sweet Potato Fishcake (G.F)

(v) Cheese and Tomato Pizza Wedge with chipped potatoes (D.G)

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Yoghurt (D) or Fresh Fruit

Week three

Warwickshire, Coventry: 13/11, 04/12, 08/01, 29/01, 19/02, 11/03
Oxfordshire: 13/11, 04/12, 08/01, 29/01, 19/02, 11/03
Leicestershire: 23/10, 13/11, 04/12, 08/01, 29/01, 11/03

MONDAY

Choose a main meal...
(vg) Veggie Sausage with Gravy & Mashed Potatoes

(v.h) Mac 'n' cheese with Freshly Baked Wholegrain Baguette (D.G)

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Homemade Jammy Cookie (G)
(v) Yoghurt (D) or Fresh Fruit

TUESDAY

Choose a main meal...
(h) British Beef Bolognese with Garlic Bread (G/ cheese D)

(vg) Veggie Plant burger in a High Fibre Bun with Diced Potatoes (G)

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Homemade Toffee Apple Sponge with Custard (D.G.E)
(v) Yoghurt (D) or Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST
British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)

(vg) Quorn Roast with Gravy (G)
Crispy Roast Potatoes

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Homemade Chocolate Crunch with Pink Custard (G.D)
Fresh Fruit

THURSDAY

Choose a main meal...
Gluten Free British Pork Meatballs in a Rustic Tomato Sauce with Pasta (SB, SU.G)

(g.h) No Beef Taco with Spicy Potato Wedges – Taco shell filled with mildly spiced quorn, vegan beef strips, salad and grated cheese (D.E)

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) Baked Beans

(v) Yoghurt (D) or Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY
(msc) Gluten Free Breaded Fish Fillet (F) with Chipped Potatoes

(v.h) Cheese and Potato Pie with Freshly Baked Wholegrain Baguette (D.E.G)

For dessert...
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Ice Cream Tub (D)
Fresh Fruit

Fruit Cordial or Fruity Water from the Hydration Station, Semi Skimmed Milk & Fresh Bread are also offered daily

ALLERGEN KEY
G = Gluten / Wheat
Vg = Vegan
V = Vegetarian

F = Fish
M = Mackerel
SU = Sulphites

D = Dairy
E = Egg
SB = Soya

Please contact your school canteen for information regarding the content of dishes and products on our menu.

Vegetarian accompaniments change to reflect seasonal availability