

CANTEEN LUNCH MENU

COMPLETE GREEN SLIPS FOR LUNCH

MONDAY WEEK 1	TUESDAY WEEK 1	WEDNESDAY WEEK 1	THURSDAY WEEK 1	FRIDAY WEEK 1
Chicken or vegetable burger & chips Chilli with rice & nachos Sides: mixed salad or vegetables Choice of filled jacket potatoes Chocolate brownie pot	Chicken tikka, rice & naan/ Italiano meatballs & pasta Vegetable samosa & salad Sides: mixed salad, vegetables, cubed herb potatoes Choice of filled jacket potatoes Lemon cheesecake	American hotdog Mince Beef & Onion Pie Macaroni cheese Sides: vegetables, spicy wedges, beans Choice of filled jacket potatoes Carrot cake	Sweet & sour chicken & rice Cottage pie Tomato & mozzarella bake Sides: vegetables, curly fries, mixed salad Choice of filled jacket potatoes Jam sponge & custard	Battered cod Beef burger in bap Roasted vegetable lasagne Sides: vegetables, peas, chips Choice of filled jacket potatoes Jelly pots
Rolls & Baguettes: Ham/cheese/ham salad/cheese salad/tuna mayo/chick mayo/BBQ chick/chick tikka/tuna mayo salad	Rolls & Baguettes: Ham/cheese/ham salad/cheese salad/tuna mayo/chick mayo/BBQ chick/chick tikka/tuna mayo salad	Rolls & Baguettes: Ham/cheese/ham salad/cheese salad/tuna mayo/chick mayo/BBQ chick/chick tikka/tuna mayo salad	Rolls & Baguettes: Ham/cheese/ham salad/cheese salad/tuna mayo/chick mayo/BBQ chick/chick tikka/tuna mayo salad	Rolls & Baguettes: Ham/cheese/ham salad/cheese salad/tuna mayo/chick mayo/BBQ chick/chick tikka/tuna mayo salad
Wraps: Chicken mayo/chicken mayo salad/ham/ham salad/cheese salad	Wraps: Chicken mayo/chicken mayo salad/ham/ham salad/cheese salad	Wraps: Chicken mayo/chicken mayo salad/ham/ham salad/cheese salad	Wraps: Chicken mayo/chicken mayo salad/ham/ham salad/cheese salad	Wraps: Chicken mayo/chicken mayo salad/ham/ham salad/cheese salad
Panini: Ham & cheese/Chicken tikka Breakfast: Sausage, egg & bacon	Panini: Ham & cheese/Chicken tikka Breakfast: Sausage, egg & bacon	Panini: Ham & cheese/Chicken tikka Breakfast: Sausage, egg & bacon	Panini: Ham & cheese/Chicken tikka Breakfast: Sausage, egg & bacon	Panini: Ham & cheese/Chicken tikka Breakfast: Sausage, egg & bacon
Salad: Roasted vegetable cous cous salad pot (cous cous, Mediterranean chargrilled vegetables, lettuce, cucumber	Salad: Falafel salad pot (Falafel, lettuce, cucumber, tomato, chopped mixed peppers) pot of sweet chilli sauce	Salad: Pasta Italiano salad pot (noodles, mixed chopped peppers, onion, tomato, tomato & basil sauce, lettuce	Salad: Chicken mayo pasta salad pot (Chicken mayo, pasta, lettuce, cucumber, tomato, chopped mixed peppers)	Salad: Tuna salad pot (Tuna, lettuce, cucumber, tomato, chopped mixed peppers, beetroot)

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MONDAY WEEK 2	TUESDAY WEEK 2	WEDNESDAY WEEK 2	THURSDAY WEEK 2	FRIDAY WEEK 2
Southern fried chicken bap Chicken korma rice & naan Vegetable tomato & mozzarella wrap Sides: vegetables, mixed salad, chips Choice of filled jacket potatoes Choc sponge & choc sauce	Cumberland sausage & onion rings Lasagne & side salad Vegetarian curried rice/bhaji wrap Sides: cubed herb potatoes, peas & carrots Choice of filled jacket potatoes Banoffee mousse	Corned beef pie Chilli beef burritos Mediterranean vegetable filled jackets Sides: vegetables, curly fires, broccoli Choice of filled jacket potatoes Strawberry cheesecake	Spaghetti Bolognese & garlic bread Roast beef Yorkshire Pudding Cheese & potato pie Sides: vegetables, spicy wedges, sweetcorn, Roast, Carrots/cabbage Choice of filled jacket potatoes Apple crumble & Custard	Sweet chilli chicken wrap Battered fish in Brioche bun Vegetable meatballs & pasta Sides: vegetables, mixed salad, chips Choice of filled jacket potatoes Chocolate Eton mess
Rolls & Baguettes: Ham/cheese/ham salad/cheese salad/tuna mayo/chick mayo/BBQ chick/chick tikka/tuna mayo salad	Rolls & Baguettes: Ham/cheese/ham salad/cheese salad/tuna mayo/chick mayo/BBQ chick/chick tikka/tuna mayo salad	Rolls & Baguettes: Ham/cheese/ham salad/cheese salad/tuna mayo/chick mayo/BBQ chick/chick tikka/tuna mayo salad	Rolls & Baguettes: Ham/cheese/ham salad/cheese salad/tuna mayo/chick mayo/BBQ chick/chick tikka/tuna mayo salad	Rolls & Baguettes: Ham/cheese/ham salad/cheese salad/tuna mayo/chick mayo/BBQ chick/chick tikka/tuna mayo salad
Wraps: Chicken mayo/chicken mayo salad/ham/ham salad/cheese salad	Wraps: Chicken mayo/chicken mayo salad/ham/ham salad/cheese salad	Wraps: Chicken mayo/chicken mayo salad/ham/ham salad/cheese salad	Wraps: Chicken mayo/chicken mayo salad/ham/ham salad/cheese salad	Wraps: Chicken mayo/chicken mayo salad/ham/ham salad/cheese salad
Panini: Ham & cheese/Chicken tikka Breakfast: Sausage, egg & bacon	Panini: Ham & cheese/Chicken tikka Breakfast: Sausage, egg & bacon	Panini: Ham & cheese/Chicken tikka Breakfast: Sausage, egg & bacon	Panini: Ham & cheese/Chicken tikka Breakfast: Sausage, egg & bacon	Panini: Ham & cheese/Chicken tikka Breakfast: Sausage, egg & bacon
Salad: Roasted vegetable cous cous salad pot (cous cous, Mediterranean chargrilled vegetables, lettuce, cucumber)	Salad: Falafel salad pot (Falafel, lettuce, cucumber, tomato, chopped mixed peppers) pot of sweet chilli sauce	Salad: Pasta Italiano salad pot (noodles, mixed chopped peppers, onion, tomato, tomato & basil sauce, lettuce)	Salad: Chicken mayo pasta salad pot (Chicken mayo, pasta, lettuce, cucumber, tomato, chopped mixed peppers)	Salad: Tuna salad pot (Tuna, lettuce, cucumber, tomato, chopped mixed peppers, beetroot)

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