



# CONTRACT CATERING SERVICES LUNCH MENU

Apr-Oct 2023

Week 1	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday Italian	Friday 'Favourites'
Dates	17 Apr - 01 May - 15 May - 29 May - 12 Jun - 26 Jun - 10 Jul - 24 Jul - 07 Aug - 21 Aug - 04 Sep - 18 Sep - 02 Oct - 16 Oct				
Main	Tomato and Lentil Pasta Bake	Chicken & Sweetcorn Meatballs Hotdog in Tomato Sauce with Baked Potato wedges	Roast Garlic & Lemon Chicken with Roast Potatoes & Gravy	Beef Bolognese with Pasta	Cod or Salmon Fish Fingers with Chips
Vegetarian	Jacket Potato with Cheese	Cheese, Tomato & Basil Puff Squares with Baked Potato Wedges	Shepherdess Pie with Sweet Potato Topping	Roasted Vegetable Lasagne	Quorn Dippers with Chips
On the side	Sweetcorn & Peas	Roasted Mediterranean Vegetables	Green Beans & Cauliflower	Broccoli & Carrots	Peas & Baked Beans
Salads	Cucumber Raita / Grated Carrots & Sultanas	Crunchy Coleslaw / Rice Salad	Full House Salad / Couscous Salad	Tomato, Basil & Red Onion Salad / Vegetable Sticks	New Potato Salad / Sweetcorn Salad
Dessert	Cheese and Crackers with Grapes & Apple Wedge	Fruit Salad with Frozen Strawberry Yoghurt	Fruity Yoghurt Bar	Tutti Fruitti Fruit Fool	Vegan Chocolate Brownie

DAILY OPTIONS - Daily Salad/ Fresh Bread / Seasonal Fresh Fruit Platter / Organic Yoghurts

Week 2	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday Caribbean	Friday 'Favourites'
Dates	24 Apr - 08 May - 22 May - 05 Jun - 19 Jun - 03 Jul - 17 Jul - 31 Jul - 14 Aug - 28 Aug - 11 Sep - 25 Sep - 9 Oct				
Main	Roasted Vegetable Pasta Bake	Meat Feast Pizza	Chicken Sausages with Mashed Potato & Gravy	Jerk Chicken with Rice & Peas	Battered Pollock & Chips
Vegetarian	Jacket Potato with Quorn Chilli Con Carne	Mexican Vegetable Burrito	Vegetarian Sausage Toad in the Hole with Mashed Potato & Gravy	Macaroni Cheese	Quorn Frankfurter Hot Dog with Chips
On the side	Green Beans & Curried Roasted Cauliflower	Sweetcorn & Broccoli	Vegetable Medley & Carrots	Green Cabbage & Sweetcorn	Peas & Baked Beans
Salads	Mixed Bean Salad / Rice Salad	Coronation Pasta Salad / Cauliflower & Chickpea Salad	Carrot & Cucumber Ribbons / Beetroot & Spring Onion	Potato Salad/ Crunchy Coleslaw	Asian Noodle Salad/ Cucumber Raita
Dessert	Cheese and Crackers with Grapes & Apple Wedge	Eve's Pudding with Custard	Fruity Yoghurt Bar	Banana Cake with Custard	Fruit Salad with Yoghurt

DAILY OPTIONS - Daily Salad/ Fresh Bread / Seasonal Fresh Fruit Platter / Organic Yoghurts

Please Note that some dishes maybe subject to local changes to suit individual school needs

## DID YOU KNOW



Traditional Italian Pizza always has a thin crust  
There are more than 600 different pasta shapes

One of Caribbean cuisine's secret ingredient is coconut milk.

Plantains may look like bananas but have a much thicker skin.

They have less sugar than bananas and are often served as a savoury side dish or as part of a main dish.



### IMPORTANT INFORMATION:

Every effort is made to minimise risk of cross-contamination. However, it should be noted that our food is prepared in a kitchen where known allergens may be present and therefore the risk of cross-contamination remains a risk. Please ask staff for further details regarding specific dietary requirements and/or allergens.

Welcome to my NEW MENU, packed full of great healthy recipes with the ingredients you love...Enjoy

Chef Hassane Taleb

