



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, Lentil & Bean Pasta Bake	Chicken & Sweetcorn Meatballs in Tomato Sauce Hotdog with Baked Potato Wedges	Roast Garlic & Lemon Chicken with Roast Potatoes & Gravy	Beef Bolognese with Spaghetti	Cod or Salmon Fish Fingers with Chips
Vegetarian	Vegetable Meatballs in Tomato Sauce with Spaghetti	Vegetable Pasta Bake	Jacket Potato with Cheese	Roasted Vegetable Lasagne	Quorn Dippers with Chips
On the side	Sweetcorn & Peas	Roasted Mediterranean Vegetables	Green Beans & Carrots	Broccoli & Cauliflower	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	Seasonal Fresh Fruit Platter / Fruity Yoghurt Bar	Fruit Jelly / Organic Yoghurts	Fresh Fruit Platter / Tutti Fruitti Yoghurt	Seasonal Fresh Fruit Platter / Fruit Salad with Frozen Strawberry Yoghurt
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	Vegetable & Chickpea Jambalaya	Meat Feast Pizza	Roast Beef with Roast Potatoes & Gravy	Jerk Chicken with Rice & Peas	Battered Pollock & chips
Vegetarian	Jacket Potato with Quorn Chilli Con Carne	Mexican Rice Burrito	Vegetarian Sausage with Roast Potatoes & Gravy	Macaroni Cheese	Vegan Sausage Roll 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	Seasonal Fresh Fruit Platter / Fruity Yoghurt Bar	Fruit Jelly / Seasonal Fresh Fruit Platter / Fruity Yoghurt Bar	Seasonal Fresh Fruit Platter / Fruity Yoghurt Bar / Homemade Mango Lassi	Seasonal Fresh Fruit Platter / 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

