

MONDAY

MAIN MEAL	Chicken Tikka Masala (SO,MK,MU)
VEGGIE MEAL	Keralan Coconut Curry (MK,g) V
TO GO WITH	Pilaf Rice (g) Ve
VEGETABLES	Peas Ve
OPTION 3	Jacket Potato with Cheese (MK) V
DESSERT	Chocolate Rice Krispie Cake (G) V

TUESDAY

MAIN MEAL	Chilli Con Carne (g)
VEGGIE MEAL	Vegan Chilli Sin Carne (g) Ve
TO GO WITH	Rice Ve
VEGETABLES	Broccoli Ve
OPTION 3	Pasta (G) with Tomato Sauce Ve
DESSERT	Carrot Cake (G,E) V

WEDNESDAY

MAIN MEAL	Lemon and Thyme Roast Chicken
VEGGIE MEAL	Cauliflower Cheese (G,MK) V
TO GO WITH	Roast Potatoes & Gravy Ve
VEGETABLES	Carrots Ve
OPTION 3	Jacket Potato with Baked Beans Ve
DESSERT	Vanilla Ice Cream (MK) V

THURSDAY

MAIN MEAL	Cacciatore Chicken (MK)
VEGGIE MEAL	Napolitana Sauce Ve
TO GO WITH	Spaghetti (G) Ve
VEGETABLES	Sweetcorn Ve
OPTION 3	Jacket Potato with Cheese (MK) V
DESSERT	Maryland Cookie (G,mk) V

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGAN MEAL	Vegetable Burger (G,se) Ve
TO GO WITH	Chips Ve
VEGETABLES	Peas Ve
OPTION 3	Jacket Potato with Tuna Mayonnaise (F,E)
DESSERT	Chocolate & Courgette Sponge (G,E) V

WEEK 1

20TH FEBRUARY, 13TH MARCH, 3RD APRIL, 24TH APRIL, 15TH MAY, 5TH JUNE, 26TH JUNE,
17TH JULY, 28TH AUGUST, 18TH SEPTEMBER, 9TH OCTOBER

V - Suitable for vegetarians

Ve - Suitable for vegans & vegetarians

Allergen Key:

CAPITAL LETTERS = contains, lower case = may contain

Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)



Food Allergies & Intolerances

Before selecting your food, please speak to the Catering Team about your requirements.

Lancaster School Feb 2023

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HONESTLY GOOD FOOD

MONDAY

MAIN MEAL	Sweet & Sour Chicken (G)
VEGGIE MEAL	Sweet and Sour Vegetables (G,C) Ve
TO GO WITH	Egg Noodles (G,E) V
VEGETABLES	Chinese Greens Ve
OPTION 3	Pasta (G) with Tomato Sauce Ve
DESSERT	Lemon Drizzle Sponge (G,E) V

TUESDAY

MAIN MEAL	Beef Lasagne (G,MK,e)
VEGGIE MEAL	Vegetarian Lasagne (G,SO,MK,e) V
TO GO WITH	Garlic Bread (G,so,mk) V
VEGETABLES	Cauliflower Ve
OPTION 3	Jacket Potato with Cheese (MK) V
DESSERT	Flapjack (G) Ve

WEDNESDAY

MAIN MEAL	Honey Roast Gammon
VEGGIE MEAL	Sweet Potato and Leek Savoury Crumble (G,MK) V
TO GO WITH	Roast Potatoes & Gravy Ve
VEGETABLES	Pan fried Leeks Ve
OPTION 3	Pasta (G) with Cheese Sauce (G,MK) V
DESSERT	Orange Shortbread Biscuit (G) Ve

THURSDAY

MAIN MEAL	Aloo Beef Keema (g)
VEGGIE MEAL	Vegetable Pasanda (MU) Ve
TO GO WITH	Yellow Rice Ve
VEGETABLES	Carrots Ve
OPTION 3	Jacket Potato with Baked Beans Ve
DESSERT	Apple Crumble (G) Ve with Custard (MK) V

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGAN MEAL	Vegan Sausages (SO) Ve
TO GO WITH	Chips Ve
VEGETABLES	Sweetcorn Ve
OPTION 3	Pasta (G) with Tomato Sauce Ve
DESSERT	Apple & Parsnip Cake (G,E) V

WEEK 2

27TH FEBRUARY, 20TH MARCH, 10TH APRIL, 1ST MAY, 22ND MAY, 12TH JUNE, 3RD JULY,
4TH SEPTEMBER, 25TH SEPTEMBER, 16TH OCTOBER

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HONESTLY GOOD FOOD

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MAIN MEAL	Meatball Marinara (G)
VEGGIE MEAL	Spinach & Pesto Sauce (MK) V
TO GO WITH	Spaghetti (G) Ve
VEGETABLES	Sweetcorn Ve
OPTION 3	Jacket Potato with Baked Beans Ve
DESSERT	Apple & Carrot Flapjack (G) Ve

TUESDAY

MAIN MEAL	Chicken Enchiladas (G,MK)
VEGGIE MEAL	Bean Enchiladas (G,MK) V
TO GO WITH	Rice Ve
VEGETABLES	Cauliflower Ve
OPTION 3	Pasta (G) with Cheese Sauce (G,MK) V
DESSERT	Chocolate & Beetroot Brownie (G,E) V

WEDNESDAY

MAIN MEAL	Lemon and Thyme Roast Chicken
VEGGIE MEAL	Cauliflower Cheese (G,MK) V
TO GO WITH	Roast Potatoes & Gravy Ve
VEGETABLES	Seasonal Greens Ve
OPTION 3	Jacket Potato with Tuna Mayonnaise (F,E)
DESSERT	Cherry Cornflake Cake (G,SU) V

THURSDAY

MAIN MEAL	Char Siu Pork (G,SO,c,mu)
VEGGIE MEAL	Mushroom Chow Mein (G,E,SO,c,mu) V
TO GO WITH	Egg Noodles (G,E) V
VEGETABLES	Broccoli Ve
OPTION 3	Pasta (G) with Tomato Sauce Ve
DESSERT	Vanilla Ice Cream (MK) V

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGAN MEAL	Vegetable Burger (G,se) Ve
TO GO WITH	Chips Ve
VEGETABLES	Peas Ve
OPTION 3	Jacket Potato with Cheese (MK) V
DESSERT	Chocolate Shortbread Biscuit (G) Ve

WEEK 3

6TH MARCH, 27TH MARCH, 17TH APRIL, 8TH MAY, 29TH MAY, 19TH JUNE,
10TH JULY, 11TH SEPTEMBER, 2ND OCTOBER

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