

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

## WEEK 1:

9TH OCTOBER, 30TH OCTOBER, 20TH NOVEMBER, 11TH DECEMBER

**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 Oct 2023

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## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

## WEEK 2:

16TH OCTOBER, 6TH NOVEMBER, 27TH NOVEMBER, 18TH DECEMBER

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## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

## WEEK 3

2ND OCTOBER, 23RD OCTOBER, 13TH NOVEMBER, 4TH DECEMBER

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