



SCHOOL MENU - WEEK 1

	SUNDAY	INGREDIENTS	CALORIES PER 100G	MONDAY	INGREDIENTS	CALORIES PER 100G	TUESDAY	INGREDIENTS	CALORIES PER 100G	WEDNESDAY	INGREDIENTS	CALORIES PER 100G	THURSDAY	INGREDIENTS	CALORIES PER 100G
PROTEIN 1	Beef Bourguignon	Beef Cubes, Onion, Garlic, Celery, Shallots, Mushrooms, Demi Glace, Salt.	178kcal	Oven Baked Chicken Strips	Chicken Breast, Lemon Juice, Pepper, Cayenne, Thyme, Tomato Paste, Olive Oil, Roasted, Juicy, Salt.	167kcal	Roast Beef With Sauce	Beef Fillet, Dijon Mustard, Demi Glace, Salt, Pepper	178kcal	Beef Meat Balls In Gravy	Beef Minced, Onion Garlic, Demi Glace, Butter, Cooking Cream, Oil, Salt	92kcal	Bbq Chicken	Chicken Breast, Bbq Sauce, Tomato Ketchup, Onion, Salt, Pepper	167kcal
PROTEIN 2	Tandoori Chicken And Mint Raita	Plain Yoghurt, Tandoori Curry Paste, Lemon Juice, Chicken Breast, Raita: Yoghurt, Mint Leaves	167kcal	Grilled Fish Grenobloise	White Fish Fillet, Oven Baked, Salt, Pepper, Lime Juice, Sauce, Butter, Capers, Lemon Rind, Parsely	89kcal	Chicken Stew	Chicken, Onion Garlic, Stock, Carrots, Potatoes, Cooking Cream, Salt.	167kcal	Arabic Roast Chicken	Chicken Breast, Arabic Spice Powder, Garlic Powder, Tomato Paste, Olive Oil, Salt & Pepper	167kcal	Lamb Rogan Josh	Lamb Cubes, Yoghurt, Red Chillies, Red Onion, Ginger, Garlic, Whole Spices, Turmeric, Cumin, Potatoes	193kcal
VEG MAIN MEAL	Veggie Lasagna	Fresh Mix Vegetables, White Sauce, Tomato Sauce, Herbs, Mozzarella Cheese And Salt.	118kcal	Veggie Enchiladas	Baby Marrow, Corn, Carrots, Kidney Beans, Peppers, Salt Cumin, Tomato Salsa, Tortilla, Cream, Shredded Mozzarella, Baked	143kcal	Roasted Veggie Fajitas	Bell Peppers, Onions, Baby Marrow, Sweet Corn Kernels, Fajita Spices, Cumin, Tortilla, Sour Cream, Tomato Salsa, Cheese Sauce	143kcal	Napoletana Pasta Bake	Penne Pasta, Tomato Sauce, Shredded Mozzarella	169kcal	Cheesy Vegetable Bake	Grilled Cauliflower, Mushroom, Red Pepper, Green Pepper, Baby Marrow, Onion, Olive Oil, White Sauce, Cream, Shredded Mozzarella	107kcal
CARBS	Mashed Potatoes	Potato, Cooking Cream, Butter	166kcal	Baked Potatoes	Potato, Sour Cream, Chopped Spring Onions.	149kcal	Steamed White Rice	White Rice And Salt	130kcal	Roast Potatoes	Potatoes, Herbs, Salt, Olive Oil	149kcal	Plain Pilaf Rice	Basmati Rice, Saffron, Cardamom, Milk	132kcal
VEGETABLES	Sweet Corn And Green Beans	Sweet Corn Kernels, Green Beans, Salt.	58kcal	Corn On The Cob	Corn Cooked In Milk	86kcal	Carrot And Green Peas	Carrot, Blanched Green Peas, Olive Oil, Salt, Pepper	105kcal	Steamed Broccoli	Broccoli Florets, Salt, Pepper, Olive Oil	79kcal	Corn On The Cob	Corn Cob Cooked In Milk	86kcal

DAILY SPECIALS	Sleepy Sunday	Mighty Monday	Terrific Tuesday	Wicked Wednesday	Tasty Thursday
	Omelete	Quesadillas (Chicken, cheese and nacho sauce)	Shawarma	Crepe	Meat Ball Sub

- Low Fat Dairy products Are used in the food preparation.
- Lean Meat is used in food preparation.
- Nut Free Food.



SCHOOL MENU - WEEK 2

	SUNDAY	INGREDIENTS	CALORIES PER 100G	MONDAY	INGREDIENTS	CALORIES PER 100G	TUESDAY	INGREDIENTS	CALORIES PER 100G	WEDNESDAY	INGREDIENTS	CALORIES PER 100G	THURSDAY	INGREDIENTS	CALORIES PER 100G
PROTEIN 1	Sweet & Sour Chicken	Chicken Cubes, Green Pepper, Pineapple, Tomato Ketchup, Sweet & Sour Sauce	167kcal	Beef Meat Balls In Tomato Sauce	Beef Minced, Onion, Garlic, Basil, Tomato Sauce, Cheddar Cheese, Olive Oil	92kcal	Chargrilled Chicken In Pesto	Chicken Breast, Basil, Parsely, Olive Oil, Salt, Parmesan Cheese	170kcal	Baked Fish In Tomato Olive Sauce	White Fish Fillet, Olive Oil, Fresh Basil, Tomato Sauce, Salt, Pepper	89kcal	Chili Con Carne	Beef Minced, Onion, Garlic, Tomato Paste, Corn, Red Kidney Beans, Paprika, Demi Glace	115kcal
PROTEIN 2	Roast Lamb Leg In Gravy	Lamb Leg, Onion, Garlic, Rosemary, Olive Oil, Demi Glace	234kcal	Baked Curry Fish	White Fish Fillet, Ginger, Garlic, Curry Powder, Paprika, Fish Stock, Baked In Oven	89kcal	Wok Beef With Vegetables	Sliced Beef, Peppers, Onions, Garlic, Ginger, Sunflower Oil, Mushroom, Carrot, Hoisin Sauce	178kcal	Lamb Navarin Stew	Lamb Cubes, Carrot, Onion, Garlic, Turnip, Potato, Peas, Demi Glace, Parsley	133kcal	Tandoori Chicken Malai	Chicken Breast, Ginger, Garlic, Green Chilies, Oil, Turmeric Powder, Yoghurt, Cooking Cream	167kcal
VEG MAIN MEAL	Mac & Cheese	Macaroni, White Sauce, Cooking Cream, Shredded Mozzarella	162kcal	Baked Vegetarian Cassoulet	Carrot, Celery, Leeks, Cauliflower, Marrow, Can White Beans, Bread Crumbs, Olive Oil, Garlic	93kcal	Eggplant Parmesan Casserole	Oven Baked Eggplant, Onion, Garlic, Basil, Tomato Sauce, Shredded Mozzarella, Parmesan, Olive Oil	89kcal	Paneer Butter	Indian Cottage Cheese, Onion, Garlic, Red Chili Powder, Whole Spices, Cooking Cream, Coriander, Butter, Salt	194kcal	Quinoa Eggplant Lasagna	Baked Eggplant Slices, Quinoa, Tomato Puree, Basil, Garlic, Olive Oil, Pasta Sheet, Shredded Mozzarella.	118kcal
CARBS	Thai Fried Rice	Rice, Green Peas, Carrot, Salt, Pepper, Spring Onion.	132kcal	Roast Baby Potatoes	Baby Potatoes, Salt, Rosemary, Olive Oil	149kcal	Fried Rice	Rice, Green Peas, Carrot, Salt, Pepper, Spring Onion.	132kcal	Steamed White Rice	Rice And Salt	130kcal	Plain Pilaf Rice	Basmati Rice, Saffron, Cardamom, Milk	132kcal
VEGETABLES	Steamed Carrot & Broccoli	Carrot, Broccoli, Salt	75kcal	Buttered Grean Beans	Green Beans, Salt, Butter	54kcal	Oven Roasted Corn, Brown Butter	Corn Kernels, Olive Oil, Butter, Salt	99kcal	Butter Steamed Vegetables	Seasonal Vegetables, Butter, Salt.	71kcal	Petite Carrots	Steamed Carrots, Olive Oil, Salt	65kcal

DAILY SPECIALS	Sleepy Sunday	Mighty Monday	Terrific Tuesday	Wicked Wednesday	Tasty Thursday
	Omelete	Quesadillas (Chicken, cheese and nacho sauce)	Shawarma	Crepe	Meat Ball Sub

Low Fat Dairy products Are used in the food preparation.

Lean Meat is used in food preparation.

Nut Free Food.



SCHOOL MENU - WEEK 3

	SUNDAY	INGREDIENTS	CALORIES PER 100G	MONDAY	INGREDIENTS	CALORIES PER 100G	TUESDAY	INGREDIENTS	CALORIES PER 100G	WEDNESDAY	INGREDIENTS	CALORIES PER 100G	THURSDAY	INGREDIENTS	CALORIES PER 100G
PROTEIN 1	Beef Stroganoff	Beef, Onion, Garlic, Green Pepper, Mushroom, Demi Glace, Sour Cream, Salt, Pepper	190kcal	Grilled Fish In Marinara Sauce	White Fish Fillet, Olive Oil, Tomato Puree, Oregano, Celery, Leeks, Onion, Garlic, Salt, Pepper.	89kcal	Roast Beef In Mushroom Sauce	Beef Fillet, Garlic, Rosemary, Olive Oil, Demi Glace, Salt, Pepper.	178kcal	Roast Chicken Cacciatore	Chicken Breast, Onion, Garlic, Tomatoes, Demi Glace, Herbs, Salt Pepper,	167kcal	Lamb Stew	Lamb Cubes, Carrot, Onion, Garlic, Turnip, Potato, Peas, Demi Glace, Parsley	133kcal
PROTEIN 2	Chicken Biryani And Raita	Chicken, Rice, Onion, Garlic, Ginger, Tomato, Green Chilies, Whole Spice, Ghee, Yoghurt, Red Chili Powder, Cumin, Oil, Cilantro	139kcal	Lamb Hot Pot Casserole	Lamb Cubes, Onion, Garlic, Celery, Leeks, Tomato Paste, Demi Glace, Potato	133kcal	Butter Chicken	Chicken Breast, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cooking Cream, Butter, Salt	167kcal	Fish Sayadieh	Fish, Lime Juice, Cumin, Coriander, Garlic, Onion, Rice, Cardamon, Paprika	89kcal	Wok Chicken With Vegetables	Chicken, Green Bell Pepper, Broccoli, Carrot, Snap Peas, Soy Sauce, Corn Starch, Salt And Pepper.	147kcal
VEG MAIN MEAL	Spinach & Cheese Lasagna	Pasta Sheets, Spinach, Onion, Garlic, Salt, Pepper, Cooking Cream, White Sauce, Tomato, Mozzarella Cheese	118kcal	Ratatouille	Marrow, Eggplant, Red Bell Pepper, Green Bell Pepper, Onions, Olives, Tomato Puree, Tomato Paste, Bay Leaves, Herbs, Salt Pepper, Capers	31kcal	Black Bean Enchiladas	Tortilla, Black Beans, Onion, Garlic, Cilantro, Cumin, Coriander Powder, Oregano, Cooking Cream, Cheese, Tomato Sauce With Cayenne Pepper	143kcal	Baked Penne In Cream Sauce	Penne, Onion, Garlic, White Sauce, Cooking Cream, Shredded Mozzarella	162kcal	Vegetarian Shepherds Pie	Sweet Potato, Carrot, Onions, Marrow, French Beans, Green Peas, Tomatoes, Potato, Chickpeas, Breadcrumbs	90kcal
CARBS	Baked Potato	Potato Baked In Skin, Sour Cream, Spring Onion	149kcal	Steamed White Rice	Rice And Salt	130kcal	Plain Pilaf Rice	Basmati Rice, Saffron, Cardamom, Milk	132kcal	Roast Red Skin Potatoes	Red Skin, Salt, Pepper, Olive Oil, Herbs	149kcal	Plain Pilaf Rice	Basmati Rice, Saffron, Cardamom, Milk	132kcal
VEGETABLES	Cauliflower And Green Beans	Steamed Cauliflower, Green Beans, Salt, Pepper	27kcal	Carrot Batons And Green Peas	Boiled Carrot, Blanched Green Peas, Olive Oil, Salt, Pepper	105kcal	Roast Radish, Carrot, Cauliflower And Broccoli	Radish, Carrots, Cauliflower, Broccoli, Salt, Pepper, Olive Oil	73kcal	Buttered Steamed Vegetables	Steamed Seasonal Vegetables, Salt And Pepper, Butter.	71kcal	Petite Carrots	Baton Carrots Steamed, Butter, Olive Oil, Salt, Pepper	65kcal

DAILY SPECIALS	Sleepy Sunday		Mighty Monday		Terrific Tuesday		Wicked Wednesday		Tasty Thursday	
		Omelete		Quesadillas (Chicken, cheese and nacho sauce)		Chicken Shawarma		Crepe		Meat Ball Sub

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