



Available each day

Breakfast

Bacon or sausage sandwiches, toast, cereals, fresh fruit, yogurt

Pasta Bar

Three different sauces daily, served with salad

Salad Bar

Quiche Lorraine, vegetarian quiche, baked potatoes, mixed salad, coleslaw, grated cheese, tuna mayonnaise, sandwiches & wraps

Snacks

Salad pots, fresh fruit, yogurts, dried fruit, assorted cakes, milk, bottled water, fruit juice & milk shakes



Menu

Ralph Allen School

2019/20

Wholemeal flour is always used in our
homemade pastry & dough dishes

No salt used in any cooking

Our kitchen is nut-free

Vegetarian & vegan options always available

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE	WEEK SIX
MONDAY	<p>Mains Cajun chicken wraps Fish cakes Sweet & sour bean wraps</p> <p>Sides Potato wedges Sweetcorn or salad</p> <p>Dessert Pear & chocolate sponge with chocolate sauce</p>	<p>Mains Cottage pie Sausage & egg picnic lattice Lentil & spinach lasagne</p> <p>Sides Herby diced potatoes Mixed vegetables or beans</p> <p>Dessert Pancake with chocolate sauce & custard</p>	<p>Mains Barbecue pork Chicken stir fry Veggie Chilli con Carne</p> <p>Sides Rice Green beans or salad</p> <p>Dessert Raspberry crumble slice and custard</p>	<p>Mains Fajita chicken wraps Five bean chilli</p> <p>Sides Potato wedges Sweetcorn or salad</p> <p>Dessert Fruit cheesecake</p>	<p>Mains Pork & apple pie Fish fingers Vegetable lasagne</p> <p>Sides Mashed potatoes or garlic bread Cauliflower or baked beans</p> <p>Dessert Hidden fruit chocolate sponge with chocolate custard</p>	<p>Mains Beef moussaka Chicken & spring onion quesadilla Mushroom risotto</p> <p>Sides Garlic bread or potato wedges Whole green beans or salad</p> <p>Dessert Apple & cinnamon pancakes with vanilla custard</p>
TUESDAY	<p>Mains Sweet & sour pork Chicken fricassée Aubergine & chickpea tagine</p> <p>Sides Boiled rice Mixed salad or broccoli</p> <p>Dessert Steamed sultana sponge with custard</p>	<p>Mains Steamed steak pudding Chicken wrapped in bacon Leek & feta tart</p> <p>Sides Creamed potatoes Broccoli or sweetcorn</p> <p>Dessert Carrot cake with custard</p>	<p>Mains Lamb & mint slice Baked Sausages Stuffed Peppers</p> <p>Sides Mashed potatoes Cauliflower or baked beans</p> <p>Dessert Chocolate & coconut crunch with chocolate custard</p>	<p>Mains Chilli con carne with rice Lamb tagine Mushroom & butterbean stroganoff</p> <p>Sides Rice Mixed vegetables or broccoli</p> <p>Dessert Sweet potato & ginger cake with vanilla sauce</p>	<p>Mains Savoury mince with Yorkshire pudding Turkey meatloaf Vegetable & cheese strudel</p> <p>Sides New potatoes Mixed vegetables or broccoli</p> <p>Dessert Fruit cobbler with custard</p>	<p>Mains Breaded cod Chicken & chorizo jambalaya Butternut squash & spinach filo pie</p> <p>Sides New potatoes Peas or sweetcorn</p> <p>Dessert Chocolate & mandarin brownie with chocolate custard</p>
WEDNESDAY	<p>Mains Roast chicken & stuffing Meatless meatloaf</p> <p>Sides Roast potatoes Cabbage or baton carrots</p> <p>Dessert Apple crumble with custard</p>	<p>Mains Roast pork with apple sauce Carrot & mushroom loaf</p> <p>Sides Roast potatoes Cabbage or baby carrots</p> <p>Dessert Mixed berries & apple crumble with custard</p>	<p>Mains Roast chicken & stuffing Vegetable wellington</p> <p>Sides Roast potatoes Carrots or cabbage</p> <p>Dessert Rhubarb crumble with custard</p>	<p>Mains Roast beef with Yorkshire pudding Meatless meatloaf</p> <p>Sides Roast potatoes Baton carrots or cabbage</p> <p>Dessert Apple & blackberry crumble with custard</p>	<p>Mains Roast chicken & stuffing Rosemary vegan sausages with ratatouille</p> <p>Sides Roast potatoes Carrots or cabbage</p> <p>Dessert Sultana & apple crumble with custard</p>	<p>Mains Roast pork with apple sauce Kidney bean & parsnip bake</p> <p>Sides Roast potatoes Cabbage or baby carrots</p> <p>Dessert Strawberry & apple crumble with custard</p>
THURSDAY	<p>Mains Beef lasagne Bacon, leek & cheese slice Winter vegetable pie</p> <p>Sides New potatoes or garlic bread Green beans or cauliflower</p> <p>Dessert Spiced apple cake with custard</p>	<p>Mains Breaded cod Green Thai chicken risotto Vegetarian moussaka</p> <p>Sides Potato wedge or garlic bread Peas or salad</p> <p>Dessert Steamed jam sponge & custard</p>	<p>Mains Creamed chicken pie Fish cakes Vegetable & bean crumble</p> <p>Sides New potatoes Broccoli or peas</p> <p>Dessert Sticky toffee pudding with custard</p>	<p>Mains Chicken wrapped in bacon with barbecue sauce Smoked mackerel & spinach lasagne Quorn & mushroom pie</p> <p>Sides New potatoes Green beans or peas</p> <p>Dessert Chocolate & beetroot cake with chocolate custard</p>	<p>Mains Cajun chicken or jerk chicken drumsticks with rice & peas Sweet potato & black bean curry</p> <p>Sides Coleslaw & salad</p> <p>Dessert Pineapple upside down pudding with custard</p>	<p>Mains Smoked hock & chicken pie Baked fish fingers Carrot & mushroom loaf</p> <p>Sides New or creamed potatoes Mixed vegetables or beans</p> <p>Dessert Crumble topped banana cake</p>
FRIDAY	<p>CURRY DAY</p> <p>Dessert Fruit cheesecake</p>	<p>PASTA DAY</p> <p>Dessert Profiteroles</p>	<p>THEME DAY</p> <p>Dessert Trifle</p>	<p>CURRY DAY</p> <p>Dessert Jam & cream turnovers</p>	<p>PASTA DAY</p> <p>Dessert Profiteroles</p>	<p>THEME DAY</p> <p>Dessert Fruit jelly</p>