The High School Leckhampton

Menu Week 1

(Gluten Free in Green Vegetarian in Purple GF & Vegan in Blue)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Ranchero Style Chiliwith Basmati Rice & Nachos(Nachos Contain Gluten) | Spicy Chicken Enchiladas& New Potatoes(Contains Gluten & Milk) | Red Thai Chicken Curry with Rice & Naan Bread(Naan Contains Gluten) | Roast Chicken Breast, Sage & Onion Stuffing, Roast Potatoes & Gravy(Stuffing Contains Gluten) | Crispy Battered Cod Fillet & Chips (Batter Contains Gluten) |
| Three Cheese Tart with Red Onion & Seasoned Wedges(Contains Gluten, Egg & Milk) | Red Lentil & Vegetable Saagwala Curry & Rice  | Vegan Roasted Veg Tartwith Parsley Potatoes(Contains Gluten & Soya) | Mediterranean Chargrilled Vegetable Couscous(Contains Gluten) | Cajun Chicken served with Savoury Rice |
| Penne Pasta with Tomato & Basil(Contains Gluten)  | Fusilli Pasta with Garlic, Herbs, Feta Cheese & Black Olives(Contains Gluten & Milk) | Pasta Arrabiata with Bacon (Contains Gluten) | Margarita Pizza (Contains Gluten & Milk) | Macaroni Cheese(Contains Gluten & Milk) |
| Jacket Potato with Cheese & Beans(Contains Milk) | Jacket Potato Boat & Beans(Contains Milk) | Jacket Potato with Cheese & Beans(Contains Milk) | Jacket Potato Boat & Beans(Contains Milk) |  |
| Garden Peas Mixed Salad  | Broccoli Mixed Salad | SweetcornMixed Salad  | Baton Carrots & PeasMixed Salad | Garden & Mushy Peas Baked Beans  |
|  |  |  |  |  |
| Apple Crumble & Custard (Contains Gluten & Milk) | Chocolate Sponge & Chocolate Sauce (Contains Gluten, Egg & Milk) | Bread & Butter Pudding & Custard (Contains Gluten Egg & Milk) | Treacle Tart & Custard(Contains Gluten & Milk) | Chocolate Shortbread & Custard(Contains Gluten, Egg & Milk) |

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Menu Week 2

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Pasta Bolognaise& Garlic Bread(Contains Gluten) | Hunters Chicken &Spicy Potato Wedges(Contains Gluten & Milk) | Chicken Tikka with Rice & Naan Bread(Naan Bread Contains Gluten) | Roast Gammon with Stuffing, Roast Potatoes & Gravy(Stuffing Contains Gluten) | Crispy Battered Cod Fillet & Chips (Batter Contains Gluten) |
| Vegetable & Potato Bake | 5 Bean & Vegetable Chili & Rice | Vegetable Hot Pot | Vegetable Caribbean Curry with Rice  | Vegetable Risotto |
| Margarita Pizza(Contains Gluten & Milk) | Penne Pasta with Sun Dried Tomatoes, Fresh Herbs & Feta Cheese(Contains Gluten & Milk) | Tuna Pasta Bake(Contains Gluten, Milk & Fish) | Mediterranean Pasta(Contains Gluten) | Pasta Carbonara(Contains Gluten & Milk) |
| Jacket Potato with Cheese & Beans(Contains Milk) | Jacket Potato Boat & Beans(Contains Milk) | Jacket Potato with Cheese & Beans(Contains Milk) | Jacket Potato Boat & Beans(Contains Milk) |  |
| PeasMixed Salad  | SweetcornMixed Salad | Mixed VegetablesMixed Salad  | Carrots & BroccoliMixed Salad | Garden & Mushy Peas Baked Beans  |
|  |  |  |  |  |
| Apple & Cherry Crumble& Custard (Contains Gluten & Milk) | Treacle Sponge Pudding& Custard(Contains Gluten, Egg & Milk) | Banoffee Pie(Contains Gluten & Milk) | Apple Pie & Custard (Contains Gluten & Milk) | Bakewell Tart & Custard(Contains Gluten, Egg & Milk) |

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Menu Week 3

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Chicken Hot Pot | Cumberland Pie(Contains Milk) | Chicken Madras with Rice & Naan Bread (Naan Bread Contains Gluten) | Roast Beef with Yorkshire, Roast Potatoes & Gravy (Yorkshire Contains Gluten, Milk & Egg) | Crispy Battered Cod Fillet & Chips (Batter Contains Gluten) |
| Red Lentil & Vegetable Chili & Basmati Rice  | Cheese Red Pepper & Chive Quiche (Contains Gluten, Egg & Milk) | Chickpea & Roasted Vegetable Tart& New Potatoes(Contains Gluten) | Noodles with Black Bean Sauce & Stir-Fried Vegetables(Contains Gluten & Soy) | Chicken Burger & Chips (Contains Gluten) |
| Pasta with Basil & Tomato Sauce(Contains Gluten) | Pasta with Fresh Herbs, Sun Dried Tomatoes & Black Olives(Contains Gluten) | Margherita Pizza(Contains Gluten & Milk) | Pasta Arrabiata with Bacon(Contains Gluten) | Macaroni Cheese(Contains Gluten & Milk) |
| Jacket Potato with Cheese & Beans(Contains Milk | Jacket Potato Boat & Beans(Contains Milk) | Jacket Potato with Cheese & Beans(Contains Milk) | Jacket Potato Boat & Beans(Contains Milk) |  |
| SweetcornMixed Salad | Carrots & BroccoliMixed Salad  | PeasMixed Salad | Carrots & CabbageMixed Salad | Baked Beans Garden & Mushy Peas  |
|  |  |  |  |  |
| Summer Fruit Crumble & Custard (Contains Gluten & Milk) | Chocolate & Vanilla Sponge & Custard(Contains Gluten, Egg & Milk) | Lemon Drizzle Cake & Custard(Contains Gluten, Egg & Milk) | Apple Strudel& Ice Cream (Contains Gluten, Egg & Milk) | Gingerbread & Ice Cream (Contains Gluten, Egg & Milk) |

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Menu Week 4

(Gluten Free in Green Vegetarian in Purple GF & Vegan in Blue)

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Sausage Casserole & Mashed Potato(Contains Gluten & Milk) | Beef Lasagna & New Potatoes (Contains Gluten & Milk) | Sweet & Sour Chicken with Rice & Prawn Crackers(Contains Gluten) | Roast Loin of Pork with Stuffing, Roast Potatoes and Gravy (Stuffing Contains Gluten ) | Crispy Battered Cod Fillet & Chips (Batter Contains Gluten) |
| Wraps with Salmon& Stir-Fried Vegetables (Contains Fish & Gluten) | Red Lentil & Vegetable Curry & Rice | Vegan Shepherd’s Pie (Contains Milk) | Vegetable Fajitas(Contains Gluten)  | Minced Beef & Onion Pie & Chips(Contains Gluten) |
| Pasta with Sun Dried Tomatoes, Garlic & Fresh Herbs(Contains Gluten) | Mediterranean Pizza(Contains Gluten & Milk) | Roasted Vegetable & Tomato Pasta Bake (Contains Gluten & Milk) | Penne Pasta with Tomato & Basil (Contains Gluten) | Pasta Carbonara(Contains Gluten & Milk) |
| Jacket Potato with Cheese & Beans(Contains Milk) | Jacket Potato Boat & beans(Contains Milk | Jacket Potato with Cheese & Beans(Contains Milk) | Jacket Potato Boat & Beans(Contains Milk) |  |
| PeasMixed salad | Broccoli Florets Mixed salad | SweetcornMixed Salad  | Carrots & Green BeansMixed Salad | Garden & Mushy Peas Baked Beans  |
|  |  |  |  |  |
| Rhubarb & Apple Crumble & Custard (Contains Gluten & Milk) | Jam Sponge & Custard (Contains Gluten, Egg & Milk) | Red Cherry Cheesecake(Contains Gluten, Egg & Milk) | Pineapple Sponge & Custard(Contains Gluten & Milk) | Lemon Shortbread Custard(Contains Gluten, Egg & Milk) |