The High School Leckhampton

Menu Week 1

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

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Ranchero Style Chili  with 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 Tart  with 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 | Sweetcorn  Mixed Salad | Baton Carrots & Peas  Mixed 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

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

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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) |  | |
| Peas  Mixed Salad | Sweetcorn  Mixed Salad | Mixed Vegetables  Mixed Salad | Carrots & Broccoli  Mixed 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

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

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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) |  |
| Sweetcorn  Mixed Salad | Carrots & Broccoli  Mixed Salad | Peas  Mixed Salad | Carrots & Cabbage  Mixed 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) |  |
| Peas  Mixed salad | Broccoli Florets  Mixed salad | Sweetcorn  Mixed Salad | Carrots & Green Beans  Mixed 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) |