



## Lunch Menu - Ashmole Academy

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat/Fish Main</b>	Spaghetti with Beef Bolognaise	Roast Turkey with Roast Potatoes, Stuffing and Gravy	Chicken Tikka Masala with Wholegrain Rice	Pork Sausages with Mashed Potatoes	Battered Fish or Chicken with Chips
<b>Vegetarian Main</b>	Country Vegetable Pie with Mashed Potatoes and Gravy	Cauliflower Cheese with Roast Potatoes	Mediterranean Vegetable Quiche with New Potatoes	Vegetable Tagine with Couscous	Halloumi Burger in a Bap with Chips and Relish
<b>Jacket Potato Option</b>	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna
<b>Pasta Pot</b>	Sweet Tomato and Basil Sauce	Cherry Tomato Sauce	Mac N Cheese	Roast Sweet Pepper Sauce	Arrabiata
<b>'Street' Food Box</b>	Pulled Pork Burrito	Chicken Katsu with Sticky Rice	Soft Taco with Beef	BBQ Chicken Wings	Jacket Wedges
<b>Cooked Vegetables</b>	Fresh Broccoli	Fresh Roasted Parsnips	Fresh Carrots	Garden Peas	Baked Beans

**A selection of Fresh Sandwiches, Desserts, Salads, Fruit and Savoury Snack Pots are served daily**



## Lunch Menu - Ashmole Academy

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Chicken Pie with Mashed Potatoes and Gravy	Beef Lasagne with Fresh Bread	Roast Chicken Breast with Roast Potatoes, Yorkshire Pudding and Gravy	Lamb Balti with Wholegrain Rice	Battered Fish or Chicken with Chips
<b>Vegetarian Main</b>	Aubergine Parmigana	Vegetable Fajita Wrap with Homemade Jacket Wedges	Tarragon and Sweet Potato Casserole with Wholegrain Rice	Cheese Flan with New Potatoes	Onion Bhaji Burger in a Bap with Chips and Mango Chutney
<b>Jacket Potato Option</b>	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna
<b>Pasta Pot</b>	Mac N Cheese	Provencal	Zucchini, Basil and Parmesan Sauce	Arrabiata	Neapolitan
<b>'Street' Food Box</b>	Vegetarian Thai Green Curry with Noodles	Vegetable Samosa Roll with Makhani Sauce and Sticky Rice	Sweet and Sour Beef with Noodles	Chicken Tikka in a Sourdough Flatbread with Minty Yoghurt	Jacket Wedges
<b>Cooked Vegetables</b>	Sweetcorn	Garden Peas	Fresh Broccoli	Fresh Carrots	Baked Beans

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