



Lunch Menu - Ashmole Academy

Week 1

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

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



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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Lemon Chicken Drumsticks with Jollof Rice and Roasted Plantain	Beef Lasagne with Fresh Bread	Roast Chicken Breast with Roast Potatoes, Yorkshire Pudding and Gravy Roast Halal chicken option available	Lamb Balti with Wholegrain Rice	Battered Fish or Chicken with Chips Halal chicken option available
Vegetarian Main	Aubergine Parmigana	Vegetarian Lasagne with Fresh Bread	Sweet Potato and Mushroom Bake	Cheese Flan with New Potatoes	Halloumi Burger in a Bap with Chips and Relish
Jacket Potato Option	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
Pasta Pot (Vegetarian)	Mac N Cheese	Provençal	Zucchini, Basil and Parmesan Sauce	Arrabiata	Neapolitan
'Street' Food Box	Vegetable Samosa Roll with Makhani Sauce and Sticky Rice	BBQ Chicken Wings	Hoi Sin Chicken Wrap	Chicken Tikka Flatbread	
Cooked Vegetables	Sweetcorn	Garden Peas	Fresh Broccoli	Fresh Carrots	Baked Beans

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