

Lunch Menu - Ashmole Academy

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish Main	Chicken Drumsticks with Jollof Rice and Roasted Plantain and Sweet Potato Halal chicken option available	Lamb Balti with Wholegrain Rice	Roast Chicken Breast with Roast Potatoes, Yorkshire Pudding and Gravy Halal Turkey option available	Bacon and Mushroom Tagliatelle Carbonara	Battered Fish or Southern Fried Chicken with Chips Halal chicken option available
Vegetarian Main	Aubergine Parmigana with Homemade Potato Wedges	Cheese Flan with New Potatoes	Cauliflower Cheese with Roast Potatoes	Spinach and Feta Spanakopita Bake	Southern Fried Quorn 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	Cherry Tomato Sauce	Mac N Cheese	Roast Sweet Pepper Sauce	Arrabiata
'Street' Food Box	Vegetable Samosa Roll with Makhani Sauce and Sticky Rice (V)	Vegetarian Sweet and Sour Noodles (V)	Steamed Duck Gyoza	Chicken Katsu with Sticky Rice	
Hot Wrap	Pulled BBQ Beef Wrap	Red Hot Buffalo Chicken Wrap	Crispy Breaded Fish Wrap	Vegetarian Fajita Wrap (V)	
Cooked Vegetables	Fresh Broccoli	Fresh Carrots	Fresh Roasted Parsnips and Fresh Kale	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	Pork Sausages with Mashed Potatoes, Yorkshire Pudding and Gravy Halal Sausage option available	Roast Turkey with Roast Potatoes, Stuffing and Gravy Halal chicken option available	Beef Lasagne with Fresh Bread	Chicken Tikka Masala with Yellow Rice	Battered Fish or Southern Fried Chicken with Chips Halal chicken option available
Vegetarian Main	Country Vegetable Pie with Mashed Potatoes and Gravy	Vegetable Tagine with Cous Cous	Sweet Potato and Mushroom Bake	Mediterranean Vegetable Quiche with New Potatoes	Southern Fried Quorn 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)	Provencal	Mac N Cheese	Zucchini, Basil and Parmesan Sauce	Mac N Cheese	Neapolitan
'Street' Food Box	Steamed Chicken Gyoza	Sweet Potato Katsu with Sticky Rice (V)	Five Bean Chilli with Lime Infused Quinoa (V)	Chicken Teriyaki Noodles	
Hot Wrap	Onion Bhaji with Mango Chutney Folded Naan (V)	Chicken Tikka Flatbread	Hoi Sin Duck Wrap	Mexican Spiced Quorn Wrap (V)	
Cooked Vegetables	Garden Peas	Sweetcorn	Fresh Broccoli	Fresh Carrots	Baked Beans
A selection of Fresh Sandwiches, Desserts, Salads, Fruit and Savoury Snack Pots are served daily					