

Lunch Menu - Ashmole Academy

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish Main	Chicken Pie with Mashed Potatoes and Gravy Halal chicken option available	Lamb Balti with Wholegrain Rice	Roast Chicken Breast with Roast Potatoes, Yorkshire Pudding and Gravy Halal Turkey option available	Beef Bolognese with Spaghetti	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	Vegetable Tagine with Cous Cous	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)	Cherry Tomato Sauce	Mac N Cheese	Roast Sweet Pepper Sauce	Mac N Cheese	Arrabiata
'Street' Food	Vegetable Samosa Roll with Makhani Sauce and Sticky Rice (V)	Red Hot Buffalo Chicken Wrap	Sweet Potato Katsu with Sticky Rice (V)	Steamed Chicken Gyoza	
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	Cumberland 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 Katsu Curry with Sticky Rice	Battered Fish or Southern Fried Chicken with Chips Halal chicken option available
Vegetarian Main	Country Vegetable Pie with Mashed Potatoes and Gravy	Cauliflower Cheese with Roast Potatoes	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)	Mac N Cheese	Provençal	Sweet Basil and Tomato	Mac N Cheese	Neapolitan
'Street' Food Box	Chicken Tikka Flatbread	Vegetable Fajita Wrap	Five Bean Chilli with Lime Infused Quinoa (V)	Red Hot Buffalo Chicken Wrap	
Cooked Vegetables	Garden Peas	Sweetcorn	Fresh Broccoli	Fresh Carrots	Baked Beans

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