

Lunch Menu - Ashmole Academy

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish Main	Beef and Vegetable Pie with Mashed Potatoes	Chicken Katsu Curry with Rice	Roast Chicken Breast with Roast Potatoes, Yorkshire Pudding and Gravy	Beef or Vegetarian Lasagne with Garlic Bread	Battered Fish or Southern Fried Chicken with Chips
Vegetarian Main	Mac N Cheese	Cheese Flan with New Potatoes	Five Bean Chilli with Lime Infused Quinoa	Moroccan Vegetable Tagine with Cous Cous	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

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork Sausages with Mashed Potatoes	Roast Turkey with Roast Potatoes, Stuffing and Gravy	Beef Balti with Wholegrain Rice	Lemon Roasted Chicken Drumsticks with Jacket Wedges	Battered Fish or Southern Fried Chicken with Chips
Vegetarian Main	Vegetable Samosa Roll with Makhani Sauce and Rice	Sweet Potato Katsu with Sticky Rice	Cheese Flan with New Potatoes	Aubergine Parmigana with Jacket Wedges	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