

Ashmole Academy Lunch Menu January 2022

Week 1					
	Monday (Meat Free)	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sweet Potato, Lentil and Coconut Curry with Wholegrain Rice 	Chicken Chow Mein with Noodles	Beef Burger in a Bun with Homemade Jacket Wedges 	Chicken Tikka Masala with Wholegrain Rice	Battered Fish or Southern Fried Chicken with Chips 
Vegetarian Main	Mac N Cheese	Vegetable Samosa Roll with Makhani Sauce and Rice Rice	Moroccan Vegetable Tagine with Cous-cous 	Vegetarian Lasagne with Bread	Southern Fried Quorn Burger in a Bap with Chips and Relish
Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chick Pea and Spinach Curry Served with Rice 	Fresh Pork Sausages with Mashed Potatoes and Gravy 	Chicken Fajita with Mexican Rice	Chicken Katsu With Wholegrain Rice	Battered Fish or Piri-piri Chicken Leg with Chips 
Vegetarian Main	Quorn Lasagne With Bread	Broccoli And Cauliflower Cheese Bake	Tagliatelle with Stilton and Mushrooms	Mac N cheese	Cheese Flan with Chips
Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Vegetable Samosa Roll with Makhani Sauce and Rice	Chicken Meatballs in Tomato Sauce with spaghetti 	Beef Lasagne with Fresh Bread	Chicken Tikka Masala With Rice 	Fish Fingers or Southern Fried Chicken with Chips 
Vegetarian Main	Sweet Potato and Mushroom Bake	Quorn Chicken Stir fry With Noodles	Five bean Chili With Quinoa 	Mediterranean Quiche With New Potatoes	Halloumi Burger in a Bun With Chips



Alternative Halal meat option available



Vegan

Freshly cooked vegetables, Jacket potatoes with a variety of fillings, homemade sandwiches, desserts, fruit and vegetable pots and homemade salads are available daily.