

# THE MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Showcase Main</b>	Chilli beef ramen red + spring onion, beansprouts, coriander	Frango spicy chicken or lemon and herb chicken	Culinera roast with all the trimmings	Tandoori chicken curry	The full works! Culinera chip shop
<b>Showcase Veg Option</b>	Mixed vegetable ramen mixed peppers, mushrooms, red & spring onion	Beetroot falafel wrap	Chickpea & vegetable loaf, Yorkie pudding,	Sweet potato curry	
<b>Sides</b>	Bang bang cauliflower	A choice of two sides wedges, corn, slaw, spicy rice, garlic sourdough	'Roasties' and stuffing panache of vegetables	Scented rice, mango chutney, mint yogurt, onion salad	
<b>Market Place</b>	Spicy chicken and rice burrito	Meatball sub	Sausage or vegan roll	Bacon and cheese burger	Fish finger buttie
	Loaded nachos	Loaded jacket skins	Patatas bravas	Piri Piri wedges	Meatball rice box
	Garlic chicken rice box	Vegetable noodle stir fry	Chilli beef rice box	Black bean noodles	Singapore noodles
<b>Pudding</b>	Doughnut wall	Hot or cold brownie	Giant cookie	Waffles	Jam roly poly



**TRY OUR  
home-made  
SOUP**  
with freshly baked bread

*try our*  
**SOURDOUGH**  
FRESHLY BAKED  
OPTIONS

TAKE US HOME



Order and collect before you go home

**LUNCH**  
*meal deal*

Check what's on offer today!



Watch out for  
**HOT BREADS  
PANINIS  
& OUR PASTA  
BAR!**





*daily*








HEALTHY APPETITE?  
Why not try our  
*healthier options*



**Menu Key - Watch out for!**

 Vegan  Wholemeal  Oily Fish  Added Plant Power

**HEALTHY APPETITE?**

 Under 500kcal  Available after school  Smaller portions available  Reduced sugar recipe  Healthy eating points

# THE MENU

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Showcase Main</b>	Katsu chicken curry	Top Dog jumbo sausage in a brioche roll	Culinera roast with all the trimmings	Bonito Burritos stuffed with spicy beef, rice, beans naked slaw and cheese	The full works! Culinera chip shop
<b>Showcase Veg Option</b>	Quorn katsu curry	Tog Dog vegetarian sausage in a brioche roll	Roast butternut squash Wellington	Veggie Bonito quesadilla with roast vegetables and a spicy chipotle sauce	
<b>Sides</b>	Rice and stir fried greens, Asian salad and hard boiled eggs	Baked wedges and salad	'Roasties', panache of vegetables	Corn and dressed salad	
<b>Market Place</b>	Sausage or vegan roll	Loaded potato skins	Falafel wrap	Loaded nachos	Fish finger buttie
	Breakfast wrap	Chicken burger	Roast dinner wrap	Breakfast pot	Southern fried chicken wrap
	Vegetable chow mein	Chicken and black bean rice box	Bang bang noodles	Indonesian fried rice	Chilli rice box
<b>Pudding</b>	Hot chocolate brownie	Ice cream bar	Banana loaf	Ginger cake	Sticky toffee pud



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# THE MENU

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Showcase Main</b>	Frangos spicy chicken or lemon and herb chicken wrap	Cheese burger with sliced beef tomato, BBQ sauce, lettuce and red onions	Culinera roast with all the trimmings	Kung Pao chicken	The full works! Culinera chip shop
<b>Showcase Veg Option</b>	Frangos beetroot falafal wrap	Baked portobello mushroom burger, cheese and red onions	Sun blushed tomato, cheddar and spinach tart	Tempura vegetables	
<b>Sides</b>	A choice of two sides - wedges, corn, slaw, spicy rice or garlic sourdough	Baked wedges and salad	'Roasties' and panache of vegetables	Shanghai noodles, stir fried bok choy	
<b>Market Place</b>	Chilli and quorn chilli nachos	Meatball sub	Roast dinner wrap	Hot dog	Falafel with mango yoghurt
	Chicken burger	Sweet chilli wedges	Patatas bravas	Cheese and bacon turnover	Chicken wings
	Mac and cheese	Teriyaki noodles	Vegetable chilli rice box	Meatball rice box	Sweet chilli noodles
<b>Pudding</b>	Portuguese tart	Waffle bar	Apple caramel crumble	Chocolate sponge	American pancake



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**HOT BREADS PANINIS & OUR PASTA BAR!**  
*daily*








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