



2022/2023

Main school menu



Breakfast

Food item	Price	Allergen
Sausage	£1.20 large 65p small	Gluten, Wheat, Soya, Sulphur dioxides
Bacon	65p per slice	Does not contain
Egg	30p	Egg
Toast	30p per slice	Gluten, Wheat
Hash brown	65p	Gluten, wheat
Fruit	65p	Does not contain
Yoghurt	75p	Dairy milk
Cereal	85p	Gluten wheats, milk, tree nuts
Waffle	£1.30	Gluten wheats, eggs, soya beans may contain milk
Pain au choc	£1.55	Eggs, Gluten, Wheat, Milk, Soybeans
Hot chocolate	£1.30	Milk

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MONDAY	CHILI CON CARNE spicy stew containing chili peppers, meat, tomatoes, and kidney beans. Other seasonings may include garlic, onions, and cumin.	Brown and white rice Or nacho chips Sour cream and guacamole	MIXED BEAN CHILI spicy stew containing chili peppers, tomatoes, and kidney beans Borlotti beans, Red Kidney beans, Butter beans, Cannellini beans, Chickpeas. Other seasonings may include garlic, onions, and cumin.	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
TUESDAY	CHICKEN SHAWARMA Traditional middle eastern dish Marinated in traditional spices and grilled	Served with tahini sauce, flat bread, and salad	KERALAN PASTY Cauliflower, chickpea, and onion bhaji pasty	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
WEDNESDAY	BEST OF BRITISH ROAST	Served with seasonal vegetables, roast potato, and Yorkshire pudding	Cajun roasted vegetables	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
THURSDAY	BEEF BRISKET PIE Tender strips of brisket in gravy and topped with a shortcrust pastry	Served with seasonal potatoes and vegetables	JACKET POTATO	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
FRIDAY	JUMBO FISH FINGER 'N' CHIPS	Choose from Mushy peas Beans Curry sauce	CHEESY JACKET	ALLERGENS ARE DISPLAYED AT COUNTER OR YOU CAN REQUEST A COPY

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MONDAY	PORK STIR FRY Served with egg noodles	JACKET POATO Served with a mixed bean chilli	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
TUESDAY	BAKED LASAGNE Layers of pasta, cheese sauce and bolognaise sauce	KERALAN PASTY Cauliflower, chickpea, and onion bhaji pasty	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
WEDNESDAY	BEST OF BRITISH ROAST	QUORN SAUSAGES WITH AN ONION GRAVY	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
THURSDAY	KATSU CURRY Spicy chicken goujons topped with a Japanese curry sauce	SOYA STRIPS IN A KATSU SAUCE	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
FRIDAY	JUMBO FISH FINGER 'N' CHIPS	PIZZA WEDGE	ALLERGENS ARE DISPLAYED AT COUNTER OR YOU CAN REQUEST A COPY

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MONDAY	SOUTHERN FRIED CHICKEN TENDER STACK Baked tenders served on a potato waffle and mushy peas		QUORN CHICKEN NUGGETS STACK Quorn Nuggets are Low in saturated fat and a source of protein and fibre,	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
TUESDAY	GRILLED PORK CHOP Served with a savoury gravy	Seasonal potatoes and vegetables	KERALAN PASTY Cauliflower, chickpea, and onion bhaji pasty	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
WEDNESDAY	BEST OF BRITISH ROAST	Seasonal vegetables, roast potato, and Yorks hire pudding	BURRITO WRAP Spicy vegetables and rice in a wrap	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
THURSDAY	SPAGHETTI AND MEATBALLS	Garlic bread Seasonal side salad	VEGAN MEAT FREE BALL AND SPAGHETTI	TUGO PASTA Choice of 2 sauces 1 meat 1 vegetarian
FRIDAY	JUMBO FISH FINGER 'N' CHIPS		PASTA BAKE	ALLERGENS ARE DISPLAYED AT COUNTER OR YOU CAN REQUEST A COPY

BURG-EAT MEAL DEAL

JACKET POTATO

1 filling £1.75

2 fillings £2.00

Choose from

Cheese

Tuna

Beans



BURG-EAT PASTA MEAL DEAL

- Pasta and sauce or nut free pesto pot
- Mini flapjack or mini muffin
- Suso or generation juice

• **£2.50**



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MAIN MEAL DEAL

- MAIN DISH
- MEAT OR VEGETARIAN
1 SIDE
POTATO SIDE OR SALAD

£2.75

