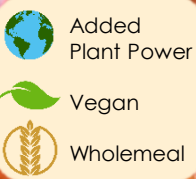


Secondaries LBI Autumn Menu 2021



WEEK 1 MEAL DEALS

(includes a side of vegetables, salad and Dessert of the day)

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chili con Carne with 50/50 Rice and Nachos 	Vegetarian Pasta Pot with Cheese and Garlic Bread 	Hot Meaty Wraps served with Salad and Spicy Cous Cous	Chicken Tikka Masala with Yellow Rice and Naan Bread 	Fish Goujons & Potato Wedges with Fresh Lemon Slice
Option 2 (V)	Vegetarian Chilli con Carne with 50/50 Rice and Nachos	Vegan Beans and Pasta Pot with Roast Root Vegetables and Garlic Bread 	Hot Vegetarian Wrap served with Salad and Spicy Cous Cous 	Quorn Tikka Masala with Yellow Rice and Naan Bread 	Butter Bean Mac n Cheese with Homemade Herb Bread Sticks
Vegetables	Broccoli & Cauliflower	Sweetcorn and Courgettes	Glazed Carrots & Swede	Green Beans and Peppers	Baked Beans and Peas
Dessert of the Day	Apple Rice Pudding	Chocolate Beetroot Brownie	Fruity Flapjack 	Peach Crumble and Custard	Mix Fruit Yogurt Pot
Plated Sandwich of the Day	Tandoori Chicken Baguette 	Cheddar & Pickle Sandwich 	Roast Beef, Onion & Tomato on Pitta Bread	Turkey & Roast Vegetables Sandwich 	Tuna Sweetcorn Bagel
Vegetarian Sandwich of the Day	Felafels & Salad Wrap 	Houmous and Peppers Wholemeal Sandwich 	Egg Mayonnaise & Salad Baguette	Spicy Butter Bean & Cucumber Sandwich 	Cheese & Salad Wrap
Soup of the Day served with Assorted Bread Portions	Oaty Pea and Mint 	Lentil, Carrot and Coriander 	Mulligatawny 	Spicy Bean & Root Vegetables 	Traditional Broccoli & Stilton

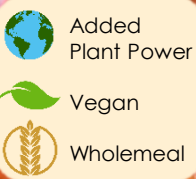
Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

● Secondaries LBI Autumn Menu 2021 ●



WEEK 2 MEAL DEALS

(includes a side of vegetables, salad and Dessert of the day)

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef Lasagne with Garlic Bread and Salad 	Mix Beans Stir Fry Vegetables with Noodles 	Homemade Chicken Burgers & Salad in a Bun with Sweet Potato Wedges and Garlic Mayo	Beef & Vegetables Stew served with Mash Potatoes and Dumplings 	Traditional Fish & Chips with Tartar Sauce and Lemon Wedge
Option 2 (V)	Vegetarian Lasagne with Garlic Bread and Salad (Vegan) 	Beans and Pasta Bake with Tabbouleh Salad 	Hot Vegetarian Tacos served with Green Rice and Nachos 	Quorn Sausage Baguette served with Wedges and Rainbow Slaw 	Butter Bean Mac n Cheese with Homemade Herb Bread Sticks
Vegetables	Broccoli & Cauliflower	Sweetcorn and Courgettes	Glazed Carrots & Swede	Green Beans and Peppers	Baked Beans and Peas
Dessert of the Day	Apple & Berries Cobbler	Chocolate Oaty Square	Fruity Shortbread 	Sticky Toffee Apple Crumble and Custard	Mix Berries Fruit Yogurt Pot
Plated Sandwich of the Day	Tandoori Chicken Baguette 	Cheddar & Pickle Sandwich 	Roast Beef, Onion & Tomato on Pitta Bread	Turkey & Roast Vegetables Sandwich 	Tuna Sweetcorn Bagel
Vegetarian Sandwich of the Day	Felafels & Salad Wrap 	Houmous and Peppers Wholemeal Sandwich 	Egg Mayonnaise & Salad Baguette	Spicy Butter Bean & Cucumber Sandwich 	Cheese & Salad Wrap
Soup of the Day served with Assorted Bread Portions	Oaty Pea and Mint 	Lentil, Carrot and Coriander 	Mulligatawny 	Spicy Bean & Root Vegetables 	Traditional Broccoli & Stilton

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

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