

# CATERING AT THE TIFFIN GIRLS' SCHOOL

## LUNCH MENU

To note there may be last-minute changes to ingredients should there be supply issues. All students therefore need to refer to the updated board in the dining hall prior to purchasing



WK 1 w/c 12th May	Mon	Tue	Wed	Thurs	Fri
Main Meal	Cauliflower Cheese (WHEAT/MILK)	Beef Chilli	Sweet and Sour Chicken (SOYA) (HALAL)	Pork and Noodle Stir-Fry (WHEAT/EGG/SOYA)	Chunky Fish Finger (WHEAT/FISH/ MUSTARD)
Veggie/Vegan Main Meal	Cauliflower and Potato Curry (VEGAN )	Vegetarian/Vegan Chilli (SOYA)	Sweet and Sour Vegetable/Vegan	Stir-Fry Vegetables Noodles (WHEAT/EGG/SOY SAUCE)	Vegetable/Vegan Burger (WHEAT)
Carbohydrate	Rice	Rice	Rice		Potato Wedges
Vegetable	Carrot & Peas	Green Beans	Sweetcorn		Baked Beans
Recess	NUT FREE Pesto Pasta (WHEAT/MILK) (V)	Tomato & Basil Pasta (WHEAT) VEGAN	Roasted Red Pepper Pasta (WHEAT) VEGAN	Leek and Mushroom Pasta (WHEAT/MILK)	Sweet Chilli Noodles (EGG/WHEAT)
Soup	Tomato & Basil (VEGAN)	Creamy Sweetcorn (MILK) (V)	Butternut Squash (VEGAN)	Chicken and Sweetcorn	Creamy Tomato (MILK) (V)

Break includes full retail offer  
Lunch includes full retail offer, jacket potato station, fully stocked salad bar

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WK 2 w/c 19th May	Mon	Tue	Wed	Thurs	Fri
Main Meal	Creamy Spinach and Mushroom Penne (WHEAT/MILK)	Lamb Stew (WHEAT/SOYA)	Chicken Masala Curry ( HALAL ) (MILK)	Pork Sausage (WHEAT/SOYA SULPHUR DIOXIDE)	Lemon and Herb Fish Fillet (FISH)
Veggie/Vegan Main Meal	Roasted Vegetable Pasta (WHEAT) VEGAN	Vegetarian/Vegan Stew (VEGAN)	Vegetable/Vegan Curry ( VEGAN )	Vegetarian/Vegan Sausage (WHEAT/SOYA)	Vegetable Savoury Rice (VEGAN)
Carbohydrate		Couscous (WHEAT)	Rice and Naan Bread (WHEAT)	Mashed Potato and Gravy (MILK/WHEAT/SOYA)	NUT FREE Pesto Rice (MILK)
Vegetable	Sweetcorn	Carrot and Peas	Raita Dip (MILK)	Peas	Green Beans
Recess	NUT FREE Pesto Pasta (WHEAT/MILK)	Tomato and Basil Pasta (WHEAT)	Roasted Red Pepper Pasta (WHEAT) (VEGAN)	Leek and Mushroom Pasta (WHEAT/MILK) V	Sweet Chilli Noodles (EGG/WHEAT)
Soup	Tomato & Basil (VEGAN)	Creamy Sweetcorn (MILK) V	Butternut Squash (VEGAN)	Chicken and Sweetcorn	Creamy Tomato (MILK) V

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WK 3 w/c 2nd June	Mon	Tue	Wed	Thurs	Fri
Main Meal	Coconut and Chickpea Curry (VEGAN)	Beef Steak Casserole (WHEAT/SOYA)	Chicken Teriyaki Stir-Fry & Noodles (HALAL) (EGG/WHEAT/SOYA)	Tuna and Sundried Tomato Pasta Bake (WHEAT/FISH/MILK) V	Kedgeree (FISH/EGG)
Veggie/Vegan Main Meal	Tomato and Basil Tagliatelle (WHEAT) VEGAN	Vegetable/Vegan Casserole (VEGAN)	Vegetable Teriyaki Stir-Fry & Noodles (WHEAT/EGG/SOYA)	Vegetable Pasta Bake (WHEAT) VEGAN	Spicy Salsa Wraps (WHEAT)
Carbohydrate	Rice	New Potatoes			
Vegetable	Carrots	Diced Swede		Sweetcorn	Mixed Vegetables
Recess	NUT FREE Pesto Pasta (WHEAT/MILK) V	Tomato and Basil Pasta (WHEAT) VEGAN	Roasted Red Pepper Pasta (WHEAT) VEGAN	Leek and Mushroom Pasta (WHEAT/MILK) V	Sweet Chilli Noodles (EGG/WHEAT) V
Soup	Tomato & Basil VEGAN	Creamy Sweetcorn (MILK) V	Butternut Squash VEGAN	Chicken and Sweetcorn	Creamy Tomato (MILK) V

Break includes full retail offer

Lunch includes full retail offer, jacket potato station, fully stocked salad bar