

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 23rd June	Mon	Tue	Wed	Thurs	Fri
Main Meal	Cauliflower Cheese (WHEAT/MILK)	Creamy Ham, Leek and Mushroom Pasta (MILK, WHEAT)	Pork and Noodle Stir Fry (WHEAT, EGGS,SOYA)	Chicken and Tomato Mascarpone Pasta (WHEAT,MILK)	Chunky Fish Finger (WHEAT/FISH/ MUSTARD)
Veggie/Vegan Main Meal	Cauliflower and Potato Curry VEGAN	Creamy Courgette Pasta Bake (MILK,WHEAT)	Stir Fry Vegetable Noodles. (WHEAT, EGG, SOYA)	Quorn and Tomato Mascarpone Pasta (WHEAT,MILK,EGG)	Vegetable/Vegan Burger (WHEAT)
Carbohydrate	Rice				Potato Wedges
Vegetable	Carrot	Garden Peas		Sweetcorn	Baked Beans
Recess	NUT FREE Pesto Pasta (WHEAT/MILK) (V)	Tomato & Basil Pasta (WHEAT) VEGAN	Ham and Cheese Pasta (WHEAT, MILK)	Leek and Mushroom Pasta (WHEAT/MILK)	Lemon Ricotta and Spinach Pasta (WHEAT,MILK)
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 30th June	Mon	Tue	Wed	Thurs	Fri
Main Meal	Butternut Squash & Cherry Tomato Crumble (WHEAT,MILK)	Spiced Beef Mince & Couscous (WHEAT)	Chicken Masala Curry (HALAL) (MILK)	BBQ Baked Pork Sausage (WHEAT/SOYA SULPHUR DIOXIDE)	Lemon and Herb Fish Fillet (FISH)
Veggie/Vegan Main Meal	Vegetarian Bolognese (WHEAT, SOYA) VEGAN	Roasted Vegetable Couscous (WHEAT) VEGAN	Vegetable/Vegan Curry VEGAN	BBQ Baked Vegetarian/Vegan Sausage (WHEAT/SOYA)	Quorn Vegetable Savoury Rice (EGG)
Carbohydrate		Couscous (WHEAT)	Rice and Naan Bread (WHEAT)	Potato Wedges	NUT FREE Pesto Rice (MILK)
Vegetable	Sweetcorn	Carrot and Peas	Raita Dip (MILK)	Broccoli	Green Beans
Recess	NUT FREE Pesto Pasta (WHEAT/MILK)	Tomato and Basil Pasta (WHEAT)	Ham & Cheese Pasta (WHEAT,MILK)	Leek and Mushroom Pasta (WHEAT/MILK) V	Lemon Ricotta & Spinach Pasta (WHEAT,MILK)
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 7th July	Mon	Tue	Wed	Thurs	Fri
Main Meal	Lemon and Green Pesto Pasta (MILK,WHEAT)	Beef Steak Casserole (WHEAT/SOYA)	Chicken Teriyaki Stir-Fry & Noodles (HALAL) (EGG/WHEAT/SOYA)	Chicken Fajita Wraps (WHEAT)	Tuna and Sundried Tomato Pasta Bake (WHEAT,MILK,FISH)
Veggie/Vegan Main Meal	Tomato and Basil Tagliatelle (WHEAT) VEGAN	Vegetable/Vegan Casserole VEGAN	Vegetable Teriyaki Stir-Fry & Noodles (WHEAT/EGG/SOYA)	Tomato Salsa Wraps (WHEAT)	Creamy Spinach Pasta. (WHEAT,MILK)
Carbohydrate		New Potatoes			
Vegetable	Carrots	Green Beans		Sweetcorn	Mixed Vegetables
Recess	NUT FREE Pesto Pasta (WHEAT/MILK) V	Tomato and Basil Pasta (WHEAT) VEGAN	Ham and Cheese Pasta (WHEAT,MILK)	Leek and Mushroom Pasta (WHEAT/MILK) V	Lemon Ricotta and Spinach Pasta (MILK,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