

# 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 8th September	Mon	Tue	Wed	Thurs	Fri
Main Meal	Cauliflower Cheese (WHEAT/MILK)	Beef Chilli	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	Macaroni Cheese (WHEAT/MILK)	Vegetable/Vegan Chilli (SOYA)	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)	Tomato, Mozzarella & Basil Spaghetti (WHEAT, MILK)
Soup	Tomato & Basil (VEGAN)	Leek and Potato (VEGAN)	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 15th Sept	Mon	Tue	Wed	Thurs	Fri
Main Meal	Butternut Squash & Cherry Tomato Crumble (WHEAT,MILK)	Lamb Tagine (WHEAT)	Chicken Masala Curry ( HALAL ) (MILK)	BBQ Baked Pork Sausage (WHEAT/SOYA SULPHUR DIOXIDE)	Chicken Savoury Rice (HALAL)
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)	Mash Potato (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	Mozzarella, Tomato & Basil Spaghetti (WHEAT/MILK)
Soup	Tomato & Basil (VEGAN)	Leek and Potato (VEGAN)	Butternut Squash (VEGAN)	Chicken and Sweetcorn	Creamy Tomato (MILK) V

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WK 3 w/c 22nd Sept	Mon	Tue	Wed	Thurs	Fri
Main Meal	Mozzarella, Sundried Tomato & Basil Pasta (MILK, WHEAT)	Beef Steak Casserole (WHEAT/SOYA)	Chicken Teriyaki Stir-Fry & Noodles (HALAL) (EGG/WHEAT/SOYA)	Roasted Chicken Leg	Tuna 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)	Vegan Roasted Fillet (WHEAT)	Creamy Spinach & Mushroom Pasta. (WHEAT, MILK)
Carbohydrate		Mash Potato (MILK)		New Potato	
Vegetable	Carrots	Green Beans		Roasted Carrots	Sweetcorn
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	Tomato, Mozzarella & Basil Spaghetti (MILK, WHEAT)
Soup	Tomato & Basil VEGAN	Leek and Potato (VEGAN)	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