

CATERING AT THE TIFFIN GIRLS' SCHOOL

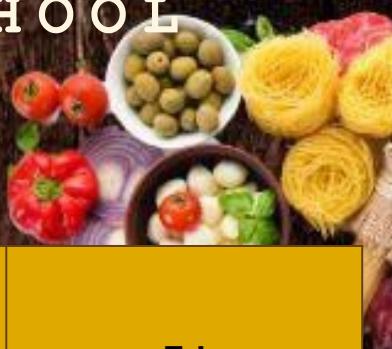
LUNCH MENU

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 26th Jan 2026	Mon	Tue	Wed	Thurs	Fri
Main Meal	Mediterranean Roasted Veg Pasta with Feta Cheese (WHEAT/MILK)	Beef Chilli	Sweet and Sour Pork Noodles (EGG/WHEAT)	Thai Green Chicken Curry	Ham and Cheese Omelette (EGG/MILK)
Veggie/Vegan Main Meal	Macaroni Cheese (WHEAT/MILK)	Vege/Vegan Chilli (SOYA)	Sweet and Sour Vegetable Noodles (EGG/WHEAT)	Thai Green Vege/Vegan Curry	Vegetable Omelette (EGG/MILK)
Carbohydrate		Rice		Rice	Wedges
Vegetable	Carrots	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, Feta and Olive Pasta (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 2 nd Feb 2026	Mon	Tue	Wed	Thurs	Fri
Main Meal	Spinach and Mushroom Tagliatelle (WHEAT,MILK)	Shepherds Pie (Lamb) (WHEAT/MILK)	Beef Madras Curry (MUSTARD)	Pork Sausage (WHEAT/SOYA SULPHUR DIOXIDE)	White Fish with Pesto Savoury Rice (FISH/MILK)
Veggie/Vegan Main Meal	Tomato and Basil Tagliatelle (WHEAT) VEGAN	Vegetable Shepherd Pie (MILK/WHEAT/SOYA)	Vegetable/Vegan Madras Curry (MUSTARD) VEGAN	Vegetarian/Vegan Sausage (WHEAT/SOYA)	Tuna Pasta Bake (WHEAT/FISH/MILK)
Carbohydrate			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 9th Feb 2026	Mon	Tue	Wed	Thurs	Fri
Main Meal	Roasted Red Pepper Risotto (VEGAN)	Chicken and Leek Crumble (WHEAT/MILK)	Pasta Bolognese (WHEAT/MILK)	Spanish Chicken and Chorizo Traybake (MILK)	Salsa Wrap VEGAN (WHEAT)
Veggie/Vegan Main Meal	Mushroom and Pepper Stroganoff (MILK)	Leek, Bean and Mushroom Crumble (WHEAT) VEGAN	Vege/Vegan Pasta Bolognese (WHEAT/MILK/SOYA)	Ratatouille with Rice	Creamy Garlic and Mushroom Spaghetti (WHEAT/MILK)
Carbohydrate	Rice	New Potatoes		Rice	Wedges
Vegetable	Carrots	Pea's	Sweetcorn	Roasted Carrots	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	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

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