

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 23rd Feb 2026	Mon	Tue	Wed	Thurs	Fri
Main Meal	Cauliflower Cheese (MILK/WHEAT) VEGETARIAN	Chicken Tikka Masala HALAL	Minted Lamb Crumble (WHEAT)	Beef Bolognese Pasta Bake (WHEAT/MILK)	White Fish with Pesto Savoury Rice (FISH/MILK) VEGETARIAN
Veggie/Vegan Main Meal	Vegan Meatball Pasta with Tomato Sauce (WHEAT/SOYA) VEGAN	Vegetable Tikka Masala VEGAN/VEGETARIAN	Cheese, Onion and Potato Bake (MILK) VEGETARIAN	Vege/Vegan Pasta Bake (SOYA/WHEAT)	Tuna Pasta Bake (FISH/WHEAT/MILK) VEGETARIAN
Carbohydrate		Rice	New Potato		
Vegetable	Carrots	Naan Bread (WHEAT)	Broccoli	Sweetcorn	Peas
Recess	Leek and Mushroom Pasta (MILK/WHEAT) VEGETARIAN	Chicken and Sweetcorn Pasta (WHEAT/MILK) HALAL	Tomato and Basil Pasta (WHEAT) VEGAN	Pesto Pasta (MILK/WHEAT)	Ham, Cheese and Sweetcorn Pasta. (MILK, WHEAT)

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WK 2 2nd March 2026	Mon	Tue	Wed	Thurs	Fri
Main Meal	Vegetable Frittata (MILK/EGG) VEGETARIAN	Chicken Madras Curry (MUSTARD) HALAL	Beef Lasagne (WHEAT/MILK)	Chicken and Mushroom Pie (WHEAT/MILK) HALAL	Chicken Salsa Wrap (WHEAT) HALAL
Veggie/Vegan Main Meal	Macaroni Cheese (WHEAT/MILK) VEGETARIAN	Vege/Vegan Madras Curry (MUSTARD)	Vegetable Lasagne (WHEAT/MILK) VEGETARIAN	Leek and Mushroom Pie (WHEAT/MILK) VEGETARIAN	Tomato Salsa Wrap (WHEAT) VEGAN/VEGETARIAN
Carbohydrate	New Potato	Rice		Mashed Potato (MILK)	Potato Wedges
Vegetable	Roasted Vegetable	Raita Dip & Naan Bread (MILK & WHEAT)	Sweetcorn	Broccoli	Mixed Vegetables
Recess	Leek and Mushroom Pasta (MILK/WHEAT) VEGETARIAN	Chicken and Sweetcorn Pasta (WHEAT/MILK) HALAL	Tomato and Basil Pasta (WHEAT) VEGETARIAN/VEGAN	Pesto Pasta (WHEAT/MILK) VEGETARIAN	Ham, Cheese and Sweetcorn Pasta (MILK/WHEAT)

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WK 3 9th March 2026	Mon	Tue	Wed	Thurs	Fri
Main Meal	Spinach and Mushroom Tagliatelle (MILK/WHEAT) VEGETARIAN	Shepherd Pie (LAMB) (WHEAT/MILK/SOYA)	Bacon & Tomato Spaghetti (WHEAT/PORK)	Chicken Noodle Stir Fry (EGG/SOYA/WHEAT)	Fishermans Pie (MILK/FISH/W HEAT) VEGETARIAN
Veggie/Vegan Main Meal	Tomato and Basil Tagliatelle (WHEAT) VEGAN/VEGETARIAN	Vegetarian Shepherds Pie (MILK/WHEAT/EGG/ BARLEY/SOYA)	Garlic Mushroom Spaghetti (MILK/WHEAT) VEGETARIAN	Vegetable Noodle Stir Fry (EGG/SOYA/WHEAT)	Vege/Vegan Burger (WHEAT)
Carbohydrate					Sliced Potato
Vegetable	Peas	Broccoli & Cauliflower	Green Beans	Sweetcorn	Baked Beans
Recess	Leek and Mushroom Pasta (WHEAT/MILK) VEGETARIAN	Chicken and Sweetcorn Pasta (WHEAT/MILK) HALAL	Tomato and Basil Pasta (WHEAT) VEGETARIAN/VEGAN	Pesto Pasta (MILK/WHEAT) VEGETARIAN	Ham,Cheese & Sweetcorn Pasta (MILK/WHEAT)
	Lunch includes full re	Break includes tail offer, jacket	full retail offer potato station,	fully stocked salad	bar