

# 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

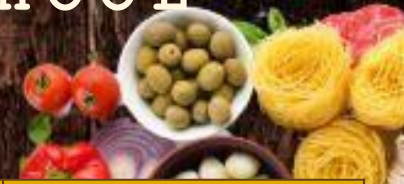


WK 1 w/c 22 <sup>nd</sup> June 2026	Mon	Tue	Wed	Thurs	Fri
<b>Main Meal</b>	Vegetable/Vegan Chilli VEGETARIAN (SOYA)	Chicken Tikka Masala HALAL	Minted Lamb Crumble (WHEAT)	Beef Bolognese Pasta Bake (WHEAT/MILK)	Fish Finger (WHEAT/FISH MUSTARD)
<b>Veggie/Vegan Main Meal</b>	Vegan Meatball Pasta with Tomato 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
<b>Carbohydrate</b>	Rice		New Potato		Potato Wedges
<b>Vegetable</b>	Carrots	Naan Bread (WHEAT)	Broccoli	Sweetcorn	Baked Beans
<b>Recess</b>	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 w/c 29 <sup>th</sup> June 2026	Mon	Tue	Wed	Thurs	Fri
<b>Main Meal</b>	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
<b>Veggie/Vegan Main Meal</b>	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
<b>Carbohydrate</b>	New Potato	Rice		Mashed Potato (MILK)	Potato Wedges
<b>Vegetable</b>	Roasted Vegetable	Raita Dip & Naan Bread (MILK & WHEAT)	Sweetcorn	Broccoli	Mixed Vegetables
<b>Recess</b>	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 w/c 6 <sup>th</sup> July 2026	Mon	Tue	Wed	Thurs	Fri
<b>Main Meal</b>	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)	Ham and Cheese Omelette (EGG/MILK)
<b>Veggie/Vegan Main Meal</b>	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)
<b>Carbohydrate</b>					Sliced Potato
<b>Vegetable</b>	Peas	Broccoli & Cauliflower	Green Beans	Sweetcorn	Baked Beans
<b>Recess</b>	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 retail offer,	Break includes full retail offer, jacket	full retail offer potato station,	fully stocked salad bar	bar