# 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

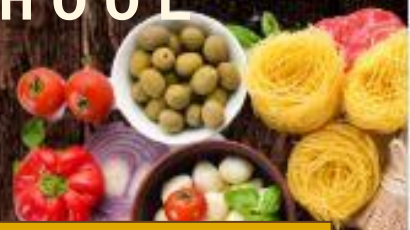


| WK 1<br>2nd November 2026 | Mon | Tue | Wed | Thurs | Fri |
|---|---|---|---|---|---|
| Main Meal | Meatball Pasta in Tomato sauce<br>VEGAN<br>(WHEAT/SOYA) | Beef Casserole<br>(WHEAT/SOYA) | Shepherds Pie (LAMB)<br>(MILK/WHEAT/SOYA) | Chicken Madras Curry<br>(MUSTARD)<br>HALAL<br>GLUTEN FREE | Breaded Fish<br>(WHEAT/FISH<br>MUSTARD) |
| Veggie/Vegan Main Meal | Tomato & Basil Spaghetti<br>VEGAN<br>(WHEAT) | Mixed Bean, Mushroom & Leek Bake<br>(VEGAN)<br>GLUTEN FREE | Vegetarian Pie<br>(SOYA/WHEAT/MILK) | Madras Curry<br>VEGAN<br>(MUSTARD)<br>GLUTEN FREE | Vegan Burger<br>(WHEAT) |
| Carbohydrate | | New Potato | | Rice | Sliced Potato |
| Vegetable | Sweetcorn | Carrots | Cauliflower & Broccoli | Naan Bread & Raita<br>(WHEAT/MILK) | Peas |
| Recess | Tomato & Basil Pasta<br>VEGAN<br>(WHEAT) | Chicken & Tomato Pasta<br>(WHEAT)<br>HALAL | Leek & Mushroom Pasta<br>(WHEAT/MILK) | Pesto Pasta<br>(WHEAT/MILK) | Roasted Pepper & Red Onion Pasta<br>(WHEAT)<br>VEGAN |
| Soup | Tomato & Basil Soup<br>(VEGAN) | Leek & Potato Soup<br>(VEGAN) | Chicken Soup<br>(MILK) | Mushroom Soup<br>(MILK,WHEAT) | Tomato & Pepper Soup<br>(VEGAN) |

# 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 2<br>9th November 2026 | Mon | Tue | Wed | Thurs | Fri |
|---|---|---|---|---|---|
| Main Meal | Sweet & Sour Vegetables (VEGAN) GLUTEN FREE | Minted Lamb Crumble (WHEAT,SOYA) | Beef Bolognese Pasta Bake (WHEAT/MILK) | Chicken Tikka HALAL GLUTEN FREE | White Fish (FISH) |
| Veggie/Vegan Main Meal | Mixed Bean & Vegetable Chilli (VEGAN) GLUTEN FREE | Leek & Mushroom Crumble (WHEAT) | VEGAN Pasta Bake (WHEAT/SOYA) | Vegetable Tikka Masala VEGAN GLUTEN FREE | Tuna Pasta Bake (FISH/WHEAT/MILK) |
| Carbohydrate | Rice | New Potato | | Rice | Savoury Rice |
| Vegetable | | Carrots & Peas | Sweetcorn | | |
| Recess | Tomato & Basil Pasta VEGAN (WHEAT) | Chicken & Tomato Pasta (WHEAT) HALAL | Leek & Mushroom Pasta (WHEAT/MILK) | Pesto Pasta (MILK/WHEAT) | Roasted Pepper & Red Onion Pasta (WHEAT) VEGAN |
| Soup | Tomato & Basil Soup (VEGAN) | Leek & Potato Soup (VEGAN) | Chicken Soup (MILK) | Mushroom Soup (MILK,WHEAT) | Tomato & Pepper Soup (VEGAN) |

# 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 3<br>16th November<br>2026 | Mon | Tue | Wed | Thurs | Fri |
|---|---|---|---|---|---|
| Main Meal | Mac & Cheese<br>(MILK/WHEAT) | Pork Sausage & Bean Casserole<br>(WHEAT/SULPHITES) | Teriyaki Chicken Noodles<br>HALAL<br>(EGG,WHEAT) | Minced Beef & Onion Pie<br>(WHEAT/SOYA) | Chicken Fajita Wrap<br>HALAL<br>(WHEAT) |
| Veggie/Vegan Main Meal | Cauliflower Cheese<br>(WHEAT/MILK) | Sausage Casserole<br>VEGAN<br>(SOYA/WHEAT) | Stir-Fry Veg Noodles<br>(EGG/WHEAT) | Leek & Potato Pie<br>VEGAN<br>(WHEAT) | Tomato Salsa Wrap<br>(WHEAT) |
| Carbohydrate | | Mash Potato | | Roasted New Potato | Wedges |
| Vegetable | Carrots | Peas | | Mixed Vegetable | Sweetcorn |
| Recess | Tomato & Basil Pasta<br>VEGAN<br>(WHEAT) | Chicken & Tomato Pasta<br>HALAL<br>(WHEAT) | Leek & Mushroom Pasta<br>(WHEAT/MILK) | Pesto Pasta<br>(WHEAT/MILK) | Roasted Pepper & Red Onion Pasta<br>VEGAN<br>(WHEAT/MILK) |
| Soup | Tomato & Basil Soup<br>(VEGAN) | Leek & Potato Soup<br>(VEGAN) | Chicken Soup<br>(MILK) | Mushroom Soup<br>(MILK,WHEAT) | Tomato & Pepper Soup<br>(VEGAN) |