

WEEK 1 MENU

Week Commencing
06/09, 27/09, 18/10, 15/11, 06/12



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|--|--|---|---|
| | WORLD FOOD DAY Italian | PLANET EARTH DAY | ORIGINALS DAY | STREET FOOD DAY | FRIDAY FAVOURITES |
| MAIN 1 | Chicken and Sweetcorn Pasta Bake | Chickpea, Corn & Carrot Burger | Roast Beef | Spaghetti Bolognese | Oven Baked Fish Fingers |
| Main 2 | Cheese and Tomato Pizza | Quorn Sausage Pattie Burger | Roasted Quorn Fillet & Gravy | Kale and Edamame Bean Frittata | Plain Omelette or Cheese & Tomato Omelette |
| Carbohydrates | Garlic Bread Slices | New Potatoes or Wholemeal Penne Pasta | Roasted Potatoes or Wholemeal Penne Pasta | Boiled White and Brown Rice or Wholemeal Penne Pasta | Oven Baked Chips |
| Vegetables | Mixed Salad Coleslaw | Green Beans Fresh Sliced Carrots | Fresh Carrots Broccoli Florets | Roasted Sweetcorn Mixed Salad | Garden Peas Baked Beans Mixed Salad |
| Desserts | Vanilla Cheesecake Organic Yoghurts | Watermelon Lollies Organic Yoghurts | Fresh Vanilla Sponge and Custard Organic Yoghurts | Strawberry Frozen Yoghurt Fresh Fruit Wedges Organic Yoghurts | Freshly Made Chocolate Cookie Organic Yoghurts |

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

Future 50 Contains one or more of the top 50 most sustainable foods in the world!

Vegetarian **Vegan** **Organic**

For allergen content please speak to member of staff who will be happy to assist

FOOD & CO by sodexo **BDMAT** Birmingham Diocesan Multi-Academy Trust

WEEK 2 MENU

Week Commencing
13/09, 04/10, 01/11, 22/11, 13/12



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|--|--|--|---|
| | ORIGINALS DAY | STREET FOOD DAY | ORIGINALS DAY | PLANET EARTH DAY | FRIDAY FAVOURITES |
| MAIN 1 | Oven Baked Sausage & Onion Gravy | Chicken and Sweetcorn Pizza | Roast Chicken | Asian Stir Fry Vegetables | Choose from: Oven Baked Breaded Fish |
| Main 2 | Quorn Sausage & onion Gravy | Southern Baked Halloumi Burger, Bun & Salad with BBQ Sauce | Roasted Quorn Fillet & Gravy | Roasted Vegetable Wholemeal Pasta Bake | Roasted Vegetable Wholemeal Pasta Bake |
| Carbohydrates | Mashed Potatoes or Wholemeal Penne Pasta | Baked Sweet Potato Wedges or Wholemeal Penne Pasta | Roasted Potatoes or Wholemeal Penne Pasta | Boiled White and Brown Rice or Penne Pasta | Oven Baked Chips |
| Vegetables | Fine Green Beans Fresh Sliced Carrots | BBQ Baked Beans Red Cabbage Coleslaw | Savoy Cabbage Fresh Glazed Carrots | Broccoli Florets Sweetcorn | Garden Peas Carrots Baked Beans |
| Desserts | Chocolate Sponge & Chocolate Sauce Organic Yoghurts | Orange Jelly Fresh Fruit Salad Organic Yoghurts | Strawberry Bakewell Tart and Custard Organic Yoghurts | Chocolate Pot Organic Yoghurts | Apple Shortbread Custard Sauce Organic Yoghurts |

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

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Vegetarian Vegan Organic

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WEEK 3 MENU

Week Commencing
20/09, 11/10, 08/11, 29/11



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|--|---|--|--|
| | STREET FOOD DAY | PLANET EARTH DAY | ORIGINALS DAY | WORLD FOOD DAY Asian | FRIDAY FAVOURITES |
| MAIN 1 | Cheese & Tomato Pizza | Lentil & Vegetable Cottage Pie | Roast Pork | Katsu Chicken Curry | Oven Baked Fish Fingers |
| Main 2 | Cheese & Broccoli Flan | Halloumi and Vegetable Kebab Served on Flat Tortilla | Quorn Roast | Chinese Noodles with Vegetables & Soya Beans | Quorn Hot Dog Roll |
| Carbohydrates | Half Jacket Potato or Wholemeal Penne Pasta | Mashed Potatoes or Wholemeal Penne Pasta | Roast Potatoes or Penne Pasta | Boiled White and Brown Rice or Penne Pasta | Oven Baked Chips |
| Vegetables | Broccoli Florets Mixed Bean Salad | Fresh Glazed Carrots Green Beans | Savoy Cabbage Roasted Vegetables | Green Beans Sweetcorn | Garden Peas Baked Beans |
| Desserts | Neapolitan Ice Cream Slice Watermelon Cubes Organic Yoghurts | Chocolate Beetroot Cake Organic Yoghurts | Wholemeal Apple Crumble & Custard Organic Yoghurts | Strawberry Jelly Organic Yoghurts | Lemon Curd Meringue Pizza Slice Organic Yoghurts |

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)



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Vegetarian



Vegan



Organic

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