

A vegan meal is available on request on days when (vg) is not shown as a choice on the menu.

All our fish is natural whole fillet and although great care has been taken to remove all bones, some may remain.



# Weekly Menu

E80 / E81  
/ECHOICE/JKT/COLD  
April 2024

## Week one

Warwickshire, Coventry: 8/4, 29/4, 20/5, 10/06, 1/7, 16/9, 7/10  
Oxfordshire 29/4, 20/5, 10/6, 1/7, 22/7, 16/9, 7/10

### MONDAY

Choose a main meal...

Gluten Free Pork Meatballs in Tomato Sauce with Pasta (SB SU G)

(vg) Breaded Vegetable Fingers with Herby Diced Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Cheddar Cheese Bap (G.D)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(vg) (h) Lemon Shortbread (G)  
(v) Chocolate Whip with Orange Wedge(D)  
(v) Yoghurt (D) or Fresh Fruit

### TUESDAY

Choose a main meal...

(h) Chicken Taco with Potato Wedges (D)

(v) Cheese and Tomato Pizza Wedge with Potato Wedges (G.D)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

Tuna Mayonnaise Bap (F.E.G)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) Pancakes with Fruit (G D E)  
(vg) (h) Ginger Cookie (G)  
(v) Yoghurt (D) or Fresh Fruit

### WEDNESDAY

Choose a main meal... WEDNESDAY ROAST

British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)

(vg) Quorn Roast in Gravy with (v) Yorkshire Pudding (D.E.G)  
Crispy Roast Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

British Roast Chicken Bao (G)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) (h) Jam Sponge (G E)  
(v) Ice Cream (D)  
Fresh Fruit

### THURSDAY

Choose a main meal...

(h) Chicken Chow Mein (chicken with noodles) (G)

(h)(v) Cheesy Tomato Pasta Bake with Freshly Baked Wholegrain Baguette (D.G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

British Ham Bap (G)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(vg) (h) Chocolate Cracknel (G)  
(v) Yoghurt (D) or Fresh Fruit

### FRIDAY

Choose a main meal... FISHY FRIDAY

msc) Gluten Free Breaded Fish Fillet (F) with Chipped Potatoes

(vg) Vegetable Hotdog with Chipped Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Cheddar Cheese Bap (G.D)

On the side...

Fresh Salad Bar  
Peas or Baked Beans

For dessert...

(v) Jelly with Fruit  
(v) Ice Cream (D)  
Fresh Fruit

## Week two

Warwickshire, Coventry: 15/4, 6/5, 17/6, 8/7, 2/9, 23/9, 14/10  
Oxfordshire: 15/4, 6/5, 17/6, 8/7, 2/9, 23/9, 14/10

### MONDAY

Choose a main meal...

British Pork Sausages with Potato Wedges (G.SU)

(h)(v) Vegetable Burrito with Potato Wedges (G.D)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Cheddar Cheese Bap (G.D)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(vg) (h) Flapjack with Fresh Fruit Wedges (G)  
(v) Strawberry Whip (D)  
Fresh Fruit

### TUESDAY

Choose a main meal...

(h) Italian Chicken Pasta (chicken and pasta in a tomato sauce) with Freshly Baked Wholegrain Baguette (G)

(vg) Veggie Plant burger in a High Fibre Bun with Herby Diced Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

British Roast Chicken Bap (G)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) (h) Chocolate Frosted Sponge (G.D.E)  
(v) Yoghurt (D) or Fresh Fruit

### WEDNESDAY

Choose a main meal... WEDNESDAY ROAST

British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)

(vg) Quorn Roast in Gravy with Sage and Onion Stuffing (G)  
Crispy Roast Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

Tuna Mayonnaise Bap (F.E.G)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) (h) Strawberry and Apple Crumble with Custard (G.D)  
(v) Ice Cream (D)  
Fresh Fruit

### THURSDAY

Choose a main meal...

(h) British Beef Bolognese with Garlic Bread (G/ cheese D)

(vg) Veggie Sausage with Diced Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

British Ham Bap (G)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(vg) (h) Crunch Cookie (G)  
(v) Yoghurt (D) or Fresh Fruit

### FRIDAY

Choose a main meal... FISHY FRIDAY

(msc) Salmon Star with Chipped Potatoes (F.G)

(v)(h) Rustic Pizza Wedge with Chipped Potatoes (G.D)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Cheddar Cheese Bap (G.D)

On the side...

Fresh Salad Bar  
Peas or Baked Beans

For dessert...

(v) Jelly with Fruit  
(v) Cheese Crackers and Apple Wedge (G.D)  
Fresh Fruit

## Week three

Warwickshire, Coventry: 22/4, 13/5, 3/6, 24/6, 15/7, 9/9, 30/9, 21/10  
Oxfordshire: 22/4, 13/5, 3/6, 24/6, 15/7, 9/9, 30/9, 21/10

### MONDAY

Choose a main meal...

Southern Style Chicken Strips in a Wrap with Potato Wedges (G)

(h)(v) Mac 'n' cheese with Freshly Baked Wholegrain Baguette (D.G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Cheddar Cheese Bap (G.D)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(vg)(h) Vanilla Cookie (G)  
(v) Ice Cream (D) or Fresh Fruit

### TUESDAY

Choose a main meal...

(h) Minced Beef Pie with Crispy Diced Potatoes (G)

(vg) Quorn Dippers with Rainbow Rice and Dipping Sauce (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

Tuna Mayonnaise Bap (F.E.G)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(vg) (h) Shortbread (G)  
(v) Cheese Crackers and Apple Wedge(G.D)  
Fresh Fruit

### WEDNESDAY

Choose a main meal... WEDNESDAY ROAST

British Roast Pork Loin, Apple Sauce and Gravy

(vg) Quorn Roast with Gravy (G)  
Crispy Roast Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

British Roast Chicken Bap (G)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) (h) Toffee Apple Sponge (G.D.E)  
(v) Yoghurt (D) or Fresh Fruit

### THURSDAY

Choose a main meal...

Beef Burger in a High Fibre Bun with Potato Wedges (G.SB.C)

(h)(vg) Beany Pasty (kidney & baked beans with vegetables in pastry) with Potato Wedges (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

British Ham Bap (G)

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(vg)(h) Honey and Raisin Bar (G)  
(v) Chocolate Swirl Mousse (D)  
(v) Yoghurt (D) or Fresh Fruit

### FRIDAY

Choose a main meal... FISHY FRIDAY

msc) Gluten Free Fish Fillet Fingers (F) with Chipped Potatoes

(v) Plantball Pitta Pocket – (plantballs in a pitta with salad, mint & mayonnaise dressing) served with Chipped Potatoes.(G.E)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

(v) Cheddar Cheese Bap (G.D)

On the side...

Fresh Salad Bar  
Peas or Baked Beans

For dessert...

(v)(h)Lemon/ Orange Drizzle Cake (G.E)  
(v) Yoghurt (D) Fresh Fruit

Fruit Cordial or Fruity Water from the Hydration Station, Semi Skimmed Milk & Fresh Bread are also offered daily

Vegetable accompaniments change to reflect seasonal availability

#### ALLERGEN KEY

Vg = Vegan  
V = Vegetarian  
H = Homemade

G = Gluten / Wheat  
C = Celery  
S = Sesame

F = Fish  
M = Mustard  
SU = Sulphites

D = Dairy  
E = Egg  
SB = Soya



#### Allergies

Please contact your school cook for information regarding the content of dishes and products on our menu.