

WK4 Mic	BREAKFAST		LUNCH MAINS	VEG AND POTATOES	Business and Numbers	DINNER MAINS	VEG AND POTATOES
MON	8:15-8:45 in the hall	12:00-12:30 Staff 12:30-1:00 Students 1:00-1:30 SCR	Breaded turkey escalope with lemon and caper dressing. Caramelised red onion and goats cheese quiche	New Potatoes Broccoli	6:00-7:15 7:15 SCR takeaway	Senegalese Chicken Leg Yassa Senegalese Tofu Yassa	Kale and coconut rice. Roast cauliflower
TUES	8:15-8:45 in the hall	12:00-12:30 Staff 12:30-1:00 Students 1:00-1:30 SCR	Parmesan and paprika baked cod Broccoli, Cheddar & Quinoa Gratin	Sautéed Green beans, sundried tomato & olives Saffron potato's	6:00-7:15 7:15 SCR takeaway	BBQ spare ribs Veggie chilli stuffed aubergine.	Curly fries Chilli buttered corn on the cob.
WED	8:15-8:45 in the hall	12:00-12:30 Staff 12:30-1:00 Students 1:00-1:30 SCR	Jamaican Lamb and Okra curry Vegan Jamaican black eyed bean curry	Rice and peas Jamaican Callaloo	6:00-7:15 7:15 SCR takeaway	Beef Stroganoff Mushroom & Quorn Stroganoff	Rice Purple Sprouting
THURS	8:15-8:45 in the hall	12:00-12:30 Staff 12:30-1:00 Students 1:00-1:30 SCR	Roast pork stuffing and apple sauce. Roast squash and mushroom wellington with tarragon cream sauce.	Roast Potatoes Sautéed cabbage.	6:00-7:15 7:15 SCR takeaway	Beef lasange Garlic spinach and roast pepper gnocchi.	Chips Garlic bread Kale
FRI	8:15-8:45 in the hall	12:00-12:30 Staff 12:30-1:00 Students 1:00-1:30 SCR	Battered Cod with Lemon Breaded Quorn Escalope with lemon	Chips Peas	6:00-7:15 7:15 SCR takeaway	TBA TBA	
SAT	No Breakfast	12:00-1:00 Students through the Counter	Huli Huli Chicken Thighs with Roasted pineapple Garlic crispy tofu with pineapple salsa	Roasted Sweet Potato Medley of Vegetables	6:00-6:30	For Meal Plan Card Holders x21 Menu TBA	
SUN	No breakfast	12:00-1:00 Students through the Counter	Pork Saltimbocca with Marsala sauce Pumpkin & Sage Ravioli	Rosemary Roast new Potatoes Carrots	6:00-7:00	Mediterranean Lamb Meatballs with Chunky tomato Sauce & Feta Crumble Vegan "Meat" balls with chunky tomato sauce and Vegan feta crumble	Spiced Wedges Green Beans

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