

THE KITCHEN @



AUTUMN & SPRING 1 TERM MENU

Our Catering Team, led by Chef Debbie, prepare all meals in-house from scratch, using quality, local (where possible), fresh ingredients.

Full allergen information is available on request from Chef Debbie, who is also more than happy to meet with parents to discuss any questions or concerns on all food related matters.

Whilst we do not bring whole nuts or ingredients with nuts into our kitchens, some products are subject to 'may contain' status in manufacturing. Dairy-free and Gluten-free options are available daily.

In addition to this menu, we offer a number of themed menus to celebrate holidays and seasonal events - details of which are posted on our social media and promoted around school.

Also in addition to the menu:
Freshly cooked jacket potatoes with a choice of fillings. Freshly baked bread. Salad bar. Fresh fruit and yoghurt.

All food is subject to availability and subject to change.

Meal deals and Street Food options are available every day for our Upper School pupils.

Hot Meal / Street Food Deals

- Hot meal & a dessert: £3.25
- Jacket potato meal
& a dessert: £2.65

Cold Meal Deal

- Baguette/sandwich
& a dessert: £2.65

Week Commencing:

06 Sep
25 Sep
30 Oct
20 Nov
03 Jan
22 Jan
12 Feb

WEEK 1



MEONCROSS
SCHOOL

MARVELLOUS MAINS 1

MARVELLOUS MAINS 2

ON THE SIDE

SWEET STUFF

Monday

Pesto or Margherita
flatbread (V)

Spicy chickpea stew (V)
Couscous

Oven baked wedges
Sweetcorn
Roasted peppers

Shortbread cookie
served with an orange
wedge (V)

Tuesday

Mediterranean beef

Sri Lankan sweet
potato & coconut
curry (V)

Bulgar wheat
Broccoli florets
Cauliflower florets

Chocolate beetroot
brownie (V)

Wednesday

Chicken fillet in butternut
squash gravy,
Yorkshire pudding

Lentil roast (V)
or
Quorn roast (V)

Crispy roasties
Creamed potato
Carrots
Cabbage

Apple crumble
& Coconut custard (V)

Thursday

Macaroni cheese
with a twist (V)

Lamb Keema
Basmati rice

Garlic bread
Vegetable medley

Courgette loaf cake with
lemon icing (V)

Friday

Pork slice
or
Crunchy salmon fingers

Richmond sausage hot dog (V)
or
Stuffed pepper (V)

Oven baked chipped potatoes
Baked beans
Garden Peas

Melting moment cookie
(V)

We make every effort to identify ingredients that may cause allergic reactions. We have strict policies in place to avoid cross-contamination, however, there is always a risk. We cannot guarantee a Total Absence of these allergens in the foods we produce.

Week Commencing:

11 Sep
02 Oct
06 Nov
27 Nov
08 Jan
29 Jan

WEEK 2

MARVELLOUS MAINS 1

MARVELLOUS MAINS 2

ON THE SIDE

SWEET STUFF

Monday

Chilli con carne (V)
Basmati rice

Mac 'n' cheese (V)

Garlic bread
Green beans
Edamame beans

Chocolate pear sponge
custard (V)

Tuesday

Crispy breaded chicken fillet
Barbeque sauce

Mexican burrito (V)
or
Crispy bites (V)

Duchess potatoes
Cauliflower gratin
Sweetcorn & peppers

Iced banana cake (V)

Wednesday

Quorn fillet (V)
Roast Gammon
Yorkshire pudding

Vegetable Wellington (V)

Crispy roasties
Creamed potato
Carrots
Cabbage

Carrot cake &
coconut custard (V)

Thursday

Italian meatballs Taco boat (V)

Turkey & vegetable potato
topped pie

Rice
Broccoli, green bean & pea
medley

Eve's pudding
& custard (V)

Friday

Maple & sweet chilli chicken
Fish of the day

Baked tomato & basil risotto
Quorn dippers

Oven baked chipped potatoes
Baked beans
Minted Peas

Chocolate oatmeal
cookie

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Week Commencing:

18 Sep
9 Oct
13 Nov
04 Dec
15 Jan
05 Feb

WEEK 3

	MARVELLOUS MAINS 1	MARVELLOUS MAINS 2	ON THE SIDE	SWEET STUFF
Monday	Beef ragu	Roasted vegetable pasta bake (V)	Crusty bread (V) Rice (V) Cauliflower & broccoli medley	Ginger bread cookie (V)
Tuesday	Vegetable biryani served with creamy tofu (V) Naan bread	Pork sausage casserole	Whole wheat pasta Broccoli florets Pea, sweetcorn & peppers	Berry & apple cobbler & custard (V)
Wednesday	Turkey fillet in gravy Yorkshire pudding (V)	Chickpea & sweet potato roast (V) or Quorn fillet (V)	Crispy roasties Creamed potato Carrots Cabbage	Pineapple upside down cake & custard (V)
Thursday	Margherita pizza (V)	Sweet chilli stir fry with noodles (V)	Garlic bread Sweetcorn Roasted seasonal vegetables	Parsnip & maple syrup cake (V)
Friday	Butternut squash risotto or Crispy finger bap (V)	Fish of the day or Beef burger in a bap	Oven baked chipped potatoes Baked beans Peas	Honey flapjack (V)

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