

LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Chilli Beef Served
With Nachos Cheese
& Salsa

Marinated Chicken
House Salad
Corn Salsa
Baby Roast Potatoes

Roast Pork Loin
Sage & Onion Stuffing,
Gravy.

Chicken Tikka Masala
Served with Rice, Naan &
Mango Chutney

Battered Fish, Chips, Peas,
Lemon & Tartare Sauce

MAIN MEAL #TWO

Vegetarian Chilli
Served With Nachos
Cheese & Salsa

Quorn Ratatouille
House Salad
Corn Salsa
Baby Potatoes

Mushroom & Courgette
Casserole with Cous Cous
& Tiger Bread

Vegetable Tikka Masala
Served with Rice, Naan &
Mango Chutney

Chips Cheese & Beans

HANDHELD

Chicken Burger with
salad

Chipotle Chicken Hot
Baguette

Spicy Beanburger with
Crisp Lettuce & Sweet
Chilli Sauce

100% Beefburger in a
Floured Bap with Lettuce
& Sweet Chilli Sauce

Fish Finger Bap Crisp
Lettuce & Ketchup with a
Few Chips

BOWLED OVER

Pasta

Pizza

Noodles

Pizza

DESSERTS

Fresh Fruit, Cold
Desserts &
Traybakes

Fresh Fruit, Cold Desserts
& Traybakes

Fresh Fruit, Cold Desserts
& Traybakes

Fresh Fruit, Cold Desserts
& Traybakes

Fresh Fruit, Cold Desserts
& Traybakes

RUSKIN
Community High School

MEAL £2.40

DEALS



LOCALLY
INSPIRED FLAVOURS

© 2018 PASTA

JACKET STATION

Sweet potatoes and
Jacket potatoes
with various fillings
on offer including:
cheddar cheese, baked
beans and tuna with
mayonnaise

Bowled Over
Pasta / rice / noodles served
daily with different toppings!

VEGAN OPTIONS
AVAILABLE
DAILY!

THE UNROOTED
KITCHEN