

# LUNCH WEEK 3



## MONDAY

Chinese Chicken Pieces  
Slaw, Rice & Sweet Chilli  
Sauce

Vegetable Spring Roll  
Slaw, Rice & Sweet Chilli  
Sauce

100% British Beefburger  
in a Bap with Salad and  
Garlic Mayo

Pizza

Fresh Fruit, Cold  
Desserts & Traybakes

## TUESDAY

Beef Bolognese Garlic  
Slice & Chopped Salad

Quorn Mince Bolognese  
With Garlic Slice &  
Chopped Salad

BBQ Chicken Burrito

Rice

Fresh Fruit, Cold  
Desserts & Traybakes

## WEDNESDAY

Roasted Gammon  
Served With Roast  
Potatoes, Seasonal  
Vegetables & Gravy

Mushroom Cous Cous  
Stuffed Pepper, with  
Spiced Tomato Sauce &  
Seasonal Vegetables

Chicken Fajita Wrap

Noodles

Fresh Fruit, Cold  
Desserts & Traybakes

## THURSDAY

Keema Curry with Rice,  
Naan Bread & Mango  
Chutney

Vegan Keema Curry  
Rice, Naan Bread &  
Mango Chutney

Churrasco Chicken  
Burrito

Pizza

Fresh Fruit, Cold  
Desserts & Traybakes

## FRIDAY

Battered Fish, Chips,  
Peas, Lemon & Tartare  
Sauce

Chips Cheese & Beans

Fishwich with Lettuce  
Ketchup & a Few Chips

Fresh Fruit, Cold Desserts  
& Traybakes

MAIN MEAL  
#ONE

MAIN MEAL  
#TWO

HANDHELD

BOWLED  
OVER

DESSERTS



**RUSKIN**  
Community High School

£2.40

**meal  
DEALS**

## JACKET STATION

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

## ALLERGIES

PLEASE SPEAK TO OUR STAFF  
MEMBERS IF YOU HAVE ANY  
ALLERGIES AND NEED TO KNOW  
WHAT IS WITHIN EACH OF OUR  
DISHES. THEY WILL ADVISE YOU ON  
YOUR AVAILABLE FOOD CHOICES.



LOCALLY  
INSPIRED FLAVOURS

© Pasta Kitchen

## Bowled Over

Pasta / rice / noodles served  
daily with different toppings!

VEGAN OPTIONS  
AVAILABLE  
DAILY!

THE ROOTED  
**KITCHEN**