LUNCH WEEK 2











MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE Hearty Meatball Goulash Herby Rice & Sautéed Green Beans Marinated Chicken
Thigh or Drumstick Spicy
Rice & Slaw

Roasted Gammon Roast Potatoes Seasonal Vegetables & Gravy

Butter Chicken with Rice & Chutney

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

Vegetable Pasta Bake Sautéed Green Beans

Marinated Quorn Fillet Spicy Rice & Slaw Veggie Sausage Roast Potatoes Seasonal Vegetables & Gravy

Vegetable Curry with Rice & Chutney

Chips Beans & Cheese

HANDHELD

Chicken Burger

Dirty Wedges Pot

Fajita Chicken Wrap

BBQ Meatball Sub

Fishwich with Lettuce Ketchup & a Few Chips

BOWLED OVER

Noodles



Pizza

Pasta



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



£2.40



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.

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!

