

CTC KINGSHURST ACADEMY LUNCH MENU, WEEK 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COUNTER	Sticky BBQ chicken, served with wholegrain rice & salad Roasted Mediterranean veg lasagne, served side salad Spicy noodles Sweetcorn Green beans Gravy Petit pain Fresh fruit pot Apple crumble & custard	Roast lamb with mint gravy Vegetable taco, with coleslaw roast potatoes Broccoli carrots Savoury rice Petit pain Gravy Fresh fruit pot Homemade strawberry cheesecake	Braised beef brisket, Yorkshire pudding Cheese and sweet potato cannelloni, with crunchy crust Mash potatoes Braised cabbage peas Petit pain Gravy Grape pot chocolate muffin & custard	Beef bolognaise with wholegrain pasta Spiced chick peas, with med veg wrap served with mint yogurt Cheese topped jacket potato portions ½ sweetcorn cob spring greens Petit pain Gravy Fresh fruit pot Fruit sponge & custard	Chicken stir fry served with egg noodles Cheese & tomato pizza slice Chipped potatoes Baked beans Petit pain Gravy Pineapple pot Chocolate brownie with toffee drizzle & custard

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Jacket potato station	Jacket potato with BBQ beans & cheese	Jacket potato with bolognaise & cheese	Jacket potato with tuna & sweetcorn	Jacket potato with coleslaw & cheese	Jacket potato with BBQ chilli beans & cheese
Main hall	Pasta with meat & vegetarian sauces Curry pot & rice	Pasta with meat & vegetarian sauces Curry pot & rice	Pasta with meat & vegetarian sauces Curry pot & rice	Pasta with meat & vegetarian sauces Curry pot & rice	Pasta with meat & vegetarian sauces Curry pot & rice
Sandwich station	BBQ chicken wrap with salad	Ham and cheese panini	Pork & stuffing roll	Tikka chicken in wrap with salad	Chicken inner fillets in a bun with lettuce
Al fresco	Cheese and tomato panini	Tikka chicken strips in wrap with mint yogurt	Beef burger in bun	Chicken in a box with wedges	Pizza slice

Also available daily a selection of sandwiches, baguettes, mini French rolls, a self-service salad bar/ salad pots, selection of fresh fruit pots and yogurt based desert pots. A full list of allergens is available from the catering manager.