

CTC KINGSHURST ACADEMY LUNCH MENU, WEEK 2

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COUNTER	<p>Teriyaki chicken breast with noddle's</p> <p>Vegetable chilli, served with nacho's and wholegrain rice</p> <p>Mashed potatoes</p> <p>Salad with soy and ginger dressing</p> <p>Gravy</p> <p>Petit pain</p> <p>Fresh fruit pot</p> <p>Black cherry roly poly with custard</p>	<p>Homemade lamb meatballs, served in wrap with salad</p> <p>Roasted Mediterranean veg, vol au vont</p> <p>Parsley boiled new potatoes</p> <p>Braised rice</p> <p>Gravy</p> <p>Petit pain</p> <p>Fresh fruit pot</p> <p>Toffee apple pie with custard</p>	<p>Fresh salmon steak, served with watercress salad</p> <p>Baked sweet potato served with cheese and chives</p> <p>Broccoli</p> <p>Baked beans</p> <p>Gravy</p> <p>Petit pain</p> <p>Fresh fruit pot</p> <p>Fruit flapjack, with custard</p>	<p>Chicken Balti served with mini naan</p> <p>Stuffed mushroom with crunchy crust</p> <p>Bombay potatoes</p> <p>Braised rice</p> <p>Sweetcorn</p> <p>Gravy</p> <p>Petit pain</p> <p>Fresh fruit pot</p> <p>Forrest fruit crumble with vanilla ice cream</p>	<p>Breaded baked scampi pieces, with lemon wedge</p> <p>Cheese & tomato pizza slice</p> <p>Chipped potatoes</p> <p>Garden peas</p> <p>Gravy</p> <p>Petit pain</p> <p>Fresh fruit pot</p> <p>Fruit trifle</p>

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Jacket potato station	Jacket potato with Tuna & sweetcorn	Jacket potato with BBQ beans & cheese	Jacket potato with Veg chilli & cheese	Jacket potato with Chicken curry	Jacket potato with 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	Breaded fish in sub roll, with lettuce	BBQ chicken strips, in bun with salad	American style chicken with baked wedges	Chicken meatball wrap with salad	Pizza slice
Al fresco	BBQ chicken wrap with salad	Jumbo hotdog	Marinated chicken skewer served in flatbread	steak bake slice	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.