

CTC KINGSHURST ACADEMY LUNCH MENU, WEEK 4

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COUNTER	Chicken in black bean sauce, served with brown rice Stir fried veg with noodles Sauté red cabbage Corn on cob Gravy Petit pain Fresh fruit pot Rice pudding with strawberry puree	Roast pork, with stuffing & apple sauce Macaroni cheese and broccoli bake Garlic Roasted potatoes Honey glazed carrots Sautéed green beans Side salad Gravy Petit pain grape pot Banana & raspberry bread & butter pudding, with custard	Beef lasagne, served with side salad Ratatouille with quorn pieces Jacket potato Roasted butternut squash Garden peas Gravy Petit pain Fresh fruit pot Orange & ginger upside down cake, with custard	Sweet & sour chicken with wholegrain rice Mushroom omelette, with side salad Cheesy topped jacket portions Stir fried veg with noodles Mixed salad Gravy Petit pain Pineapple pot Chocolate muffin & chocolate custard	White fish fillet in parsley sauce Cheese & tomato pizza slice Chipped potatoes Mushy peas Baked beans Gravy Petit pain Fresh fruit pot Baked waffle with vanilla ice cream

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Jacket potato station	Jacket potato with Cheese and beans	Jacket potato with Chicken curry	Jacket potato with Cheese and coleslaw	Jacket potato with BBQ chilli beans & cheese	Jacket potato with Tuna sweetcorn
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	Tikka chicken thigh served in bun	Chicken drumettes and wedges	Chicken burrito	Chicken in box with wedges	Vegetable taco with salsa and coleslaw
Al fresco	Jumbo hotdog	Cheese and tomato panini	Beef burger in bun	BBQ chicken wrap and salad	Cheese and tomato pizza

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.