

The Mall School

Spring Term Lunch Menu

Week 1 Spring 2024

MONDAY

Squash and Sweet Potato Soup (C)
Homemade Bread (G)
Croutons (G)

Cumberland Sausage with Onion
Gravy (Sp)
Vegetarian Sausages with Onion
Gravy (G)

Colcannon
Steamed Peas and Carrots

Tomato and Herb Pasta Sauce (C)
Penne Pasta (G)
Gluten Free Pasta Available

Jacket Potato
Baked Beans
Tuna Mayonnaise (F)
Grated Cheddar Cheese (M)

Mixed Fruit Crumble (G)

TUESDAY

Red Lentil Soup (C)
Homemade Bread (G)
Croutons (G)

North African Spiced Chicken with
Roasted Tomato Chilli Sauce
Vegetable Tagine

Vegetable Cous Cous (G)
Roasted Sweet Potatoes
Green Beans
Vinegared Cabbage and Carrot with
Caraway (SP)

Basil Pesto Pasta (G, M)
Penne Pasta (G)
Gluten Free Pasta Available

Jacket Potato
Baked Beans
Chicken and Herb Filling
Grated Cheddar Cheese (M)

Chocolate Tiffin Bar (G)

WEDNESDAY

Cream of Mushroom Soup (C, M)
Homemade Bread (G)
Croutons (G)

Roast Pork
Veggie Roast (G)

Roast Potatoes
Yorkshire Pudding (G, E, M)
Apple Sauce
Steamed Carrot and Beans
Roasted Parsnips

Tomato and Herb Sauce (C)
Penne Pasta (G)
Gluten Free Pasta Available

Jacket Potato
Baked Beans
Tuna Mayonnaise (F)
Grated Cheddar Cheese (M)

Lemon Drizzle Sponge (G, E)

THURSDAY

Leek and Potato Soup (C, M)
Homemade Bread (G)
Croutons (G)

Beef Bolognaise (C)
Veggie Bolognaise (C, So)

Spaghetti (G)
Steamed Broccoli
Mixed Salad
Garlic and Rosemary Focaccia (G)

Basil Pesto Pasta (G, M)
Penne Pasta
Gluten Free Pasta Available

Jacket Potato
Baked Beans
Chicken and Herb Filling
Grated Cheddar Cheese (M)

Fruit and Ginger Flapjack (G)

FRIDAY

Tomato and Pepper Soup (C)
Homemade Bread (G)
Croutons (G)

Gluten Free Battered Cod (F)
Fish Fingers (G, F)
Mac and Cheese (G, Mu, M)

Curry Sauce
Tartar Sauce (Mu)
Mushy Peas
Garden Peas
Chunky Triple Cooked Chips

Tomato and Herb Sauce (C)
Penne Pasta (G)
Gluten Free Pasta Available

Jacket Potato
Baked Beans
Tuna Mayonnaise (F)
Grated Cheddar Cheese (M)

Jam Doughnut (G, So)

Allergens: G = Gluten, M = Milk, E = Egg, Mu = Mustard, Sp = Sulphite Dioxide, F = Fish, So = Soya, C = Celery

