# The Mall School
# Spring Term Lunch Menu

## MONDAY

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

Beef and Bean Chipotle Chilli
Bean and Vegetable Chilli (So)

Corn Chip
Sour Cream
Vegetable Rice
Guacamole
Sweetcorn and Green Beans

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

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

Vanilla Ice Cream with Chocolate Sauce (M)

## TUESDAY

Celeriac and Cauliflower (C)
Homemade Bread (G)
Croutons (G)

Chicken Curry (Mu)
Vegetable Curry (Mu)

Mixed Vegetables
Basmati Rice
Naan Bread (G,M)
Cucumber Raita (M)
Poppadum
Mango Chutney

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

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

Peach and Berry Crumble (G)

## WEDNESDAY

Vegetable Barley Soup (C, G)
Homemade Bread (G)
Croutons (G)

Roast Gammon
Vegetable Tarts (G, E, M)

Roast Potatoes
Yorkshire Pudding (G, E, M)
Sage and Onion Stuffing (G)
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)

Chocolate Brownie (G)

## THURSDAY
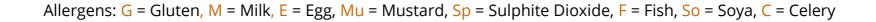
Broccoli Soup
Homemade Bread (G)
Croutons (G)

Chicken Shawarma Wrap
Falafel Wrap

Roasted Spiced Sweet Potato
Tabbouleh
Cracked Wheat Salad
Carrot and Cumin Salad
Tomato and Coriander Salsa

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

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

Apple Cinnamon Crumble Cake (G, E)

## FRIDAY

Creamy White Bean Soup (C, M)
Homemade Bread (G)
Croutons (G)

Gluten Free Battered Cod (F)
Fish Fingers (G, F)
Cheese and Potato Pasties (G, E, 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)

Berry Mousse (M)

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

P&H