

# WEEKLY MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup Station With Fresh Baked Bread</b>	Autumn root soup	Courgette and mint soup	Mulligatawny Soup	Roasted carrot and onion soup	Tomato & Rocket soup
<b>Chef's Dish of the Day</b>	PLANT BASED DISH DAY EAT Curious dehydrated pieces Spaghetti Bolognaise	Hoi sin Beef stir fry	Honey roast gammon with Rich gravy	Sticky honey and soy chicken	Beef burgers with a soft brioche bun
<b>Vegetarian Dish of the Day</b>	Eat curious Egg fried rice & peas	Vegetable stir fry with beansprouts & pak choi	Stuffed mushrooms with carrot, sage, Feta & onion.	Oomph bbq chicken (plant based)	Vegetable burger with a soft burger bun
<b>Sides</b>	Broccoli , Sweetcorn Spaghetti Soft tacos	Stir fried peppers & onions Pak choi Egg noodles	Roasted potatoes. Steamed medley of vegetables	Pilaff rice Spring Greens Butternut squash	Chunky oven chips Garden peas Baked beans
<b>Fresh Salad Bar including oily fish available everyday – Fresh Fruit &amp; Yoghurts available daily</b>					
<b>Dessert of the Day</b>	Vegan Chocolate Mousse	Rice Pudding with a selection of toppings	Ice cream bar – vanilla ice cream pots with a selection of fresh fruit coulis, sauces & toppings	Selection of fruit & Greek yoghurt with various toppings and sauces	Shortbread

For allergen information please speak to a member of the team.



LONGACRE SCHOOL

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# WEEKLY MENU

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup Station With Fresh Baked Bread</b>	2 <sup>nd</sup> PLANT BASED DAY Tomato and Basil soup	Three root soup	Vegan mushroom cream soup	Celeriac soup	Tuscan bean soup
<b>Chef's Dish of the Day</b>	Pasta Pomodoro / side of rocket and fresh basil	Thai green chicken curry & coconut milk with beansprouts	Pork sausages with vegetarian, gluten free gravy and mashed potato	Ploughmans, Chicken pieces, petit pain, pickles, gherkins	Fish fingers with lemon wedges and tartare sauce
<b>Vegetarian Dish of the Day</b>	Tomato and Basil puff pastry tarts, olive oil & mozzarella	Thai vegetable curry	Vegan sausages with roasted vegetables	Quorn roast ploughmans	Mushroom Stroganoff with Chickpeas
<b>Sides</b>	Peas / Sweetcorn	Roasted cumin cauliflower Indian style tomato & onion coriander salad Steamed rice	Mashed potato Carrots Green Beans	New potatoes Peas	Chunky chips Spinach & rocket salad Baked beans
<b>Fresh Salad Bar with oily fish available everyday– Fresh Fruit &amp; Yoghurts available daily</b>					
<b>Dessert of the Day</b>	Vegan Mango & Coconut mousse	Selection of fruit & Greek yoghurt with various toppings and sauces	Fruit sponge & Custard	Selection of fruit & Greek yoghurt with various toppings and sauces	Carrot Cake

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LONGACRE SCHOOL  
100 PERCENT VEGAN • ORGANICALLY GROWN • GIFT TOPS AND CLOTHING 2-12 YEARS

# WEEKLY MENU

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup Station With Fresh Baked Bread</b>	Chickpea and chilli soup	Broccoli and stilton soup	Leek and potato	Carrot and carraway	Pea and mint
<b>Chef's Dish of the Day</b>	Pasta Primavera & red lentils	Chicken Caesar with crouton's and cos lettuce	Beef Chilli with sour cream & rice	Chicken Fajitas with Tortilla wraps	Fillet of fish lemon wedges, tartare sauce
<b>Vegetarian Dish of the Day</b>	Pesto Pasta with mozzarella	Quorn sausage with roasted vegetables	Macaroni & cheese slowly roasted with crispy onions	Vegetable Fajitas & black beans	Fishless fish fingers (GF)
<b>Sides</b>	Broccoli Sweetcorn	Steamed new potatoes Cauliflower Medley of seasonal vegetables	Steamed carrots & Green beans Tomato, red onion & olive salad	Soft tortilla wraps Stir fried peppers and onions Red cabbage slaw Sour cream	Oven roasted French fries Baked beans Peas
<b>Fresh Salad Bar with oily fish available everyday– Fresh Fruit &amp; Yoghurts available daily</b>					
<b>Dessert of the Day</b>	Courgette and Lime cake	Selection of fruit & Greek yoghurt with various toppings and sauces	Apple crumble with custard	Sugar free fruity jelly pots	Naturally sweetened cranberry flapjack

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