

WEEKLY MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Station With Fresh Baked Bread	Autumn root vegetable soup	Courgette & mint soup	Mulligatawny soup	Roasted carrot & onion soup	Tomato & rocket soup
Chef's Dish of the Day	JACKET POTATO BAR Tuna mayo, Beef bolognese.	Chicken & Vegetable Pie with crispy puff pastry lid	Roast Pork with apple sauce & rich gravy	Beef Chilli with sour cream Tortilla chips Brown Rice	Hand stretched meat feast chicken pizza
Vegetarian Dish of the Day	JACKET POTATO BAR Baked Beans Cheese	Vegetable & Mixed Bean Pie with puff pastry lid	Chickpea, squash, feta filled peppers	Vegetable & plant based Chilli with sour cream Tortilla chips	Hand stretched margherita pizza
Sides	Baked beans Seasonal mixed salad Peas	Crushed new potatoes Carrots Courgettes	Roasted potatoes. Steamed broccoli Roasted root vegetables	Brown Rice Sweetcorn Ratatouille	Chunky oven chips Garden peas Baked beans
Fresh Salad Bar including oily fish available everyday – Fresh Fruit & Yoghurts available daily					
Dessert of the Day	Vegan Lebanese Milk Pudding Haytaliyah	Selection of fruit & Greek yoghurt with various toppings and sauces	Cherry crumble (GF) With custard	Selection of fruit & Greek yoghurt with various toppings and sauces	Lemon shortbread Berry smoothie

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



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WEEKLY MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Station With Fresh Baked Bread	2 nd PLANT BASED DAY Tomato & basil soup	Minestrone soup	Vegan mushroom cream soup	Celeriac soup	Tuscan bean soup
Chef's Dish of the Day	Mac & cheese with cauliflower top & crispy onions	Jamaican Jerk inspired chicken boneless thigh pieces	Pork and venison meatballs with tomato & herb sauce	Shepherds Pie with a minted gravy	Fish fingers lemon wedges & tartare sauce
Vegetarian Dish of the Day	Pasta Pomodoro (eat curious added to sauce) Plant protein	Jerk infused Paneer with vegetables	Vegan meatballs (close to falafel) with tomato herb sauce	Flaked salmon & spinach risotto	Mushroom stroganoff with Chickpeas & Long grain rice
Sides	Green beans Creamed swede Autumn salad	Roasted peppers and onions Cornoncob Rice & peas	Spaghetti Broccoli Steamed carrots	Creamed potatoes Roasted root vegetables Savoy cabbage	Chunky chips Spinach & rocket salad Baked beans Garden peas

Fresh Salad Bar with oily fish available everyday– Fresh Fruit & Yoghurts available daily

Dessert of the Day	Coconut tapioca vegan pudding	Selection of fruit & Greek yoghurt with various toppings and sauces	Fruit sponge & custard	Selection of fruit & Greek yoghurt with various toppings and sauces	Chocolatebeetroot brownie
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WEEKLY MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Station With Fresh Baked Bread	Roasted butternut & red pepper soup	Chunky vegetable soup	Leek & potato soup	Carrot & coriander soup	Mulligatawny soup
Chef's Dish of the Day	Pasta Primavera with red lentils	Chicken & vegetable casserole with dumpling	Meatloaf sausageplait with crispionions & tomatosauce	Beef Lasagne with focaccia	Fillettoffish lemonwedges & tartaresauce
Vegetarian Dish of the Day	Pesto Pasta with mozzarella	Vegetable & bean cassoulet with dumpling	Plant basedvegetable sausages with oniongravy	Roasted vegetable & honey glazed tofu on a bed of noodles	Fishless fish fingers (GF)
Sides	Broccoli Sweetcorn	New potatoes Cauliflower Medley of seasonal vegetables	Mashedpotatoes Steamed carrots Greenbeans	Sauteed mange tout Mushrooms& onions	Freshly madepotato wedges Bakedbeans Peas
Fresh Salad Bar with oily fish available everyday– Fresh Fruit & Yoghurts available daily					
Dessert of the Day	Courgette and lime cake	Selection of fruit & Greek yoghurt with various toppings and sauces	Apple crumble with custard	Low sugar fruity jelly pots	Naturally sweetened cranberry flapjack Banana, apple & spinach smoothie

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