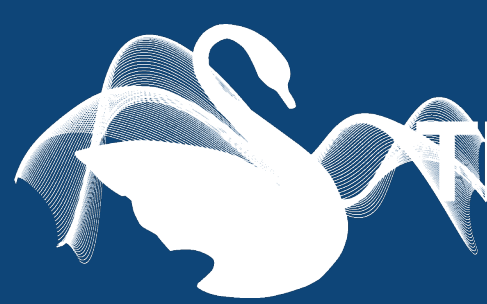




MENU

WEEK 1



THE BEWDLEY SCHOOL
We fly with our own wings

All listed items £2.60

MONDAY

MAIN

Meatballs & Spaghetti
GF Pork & Carrot meatballs/*Quorn* vegan ball (V) (G) in tomato based hiddedn sauce, onion, carrot, tomato, herbs, spinach, garlic) *Spaghetti* (G) Garlic *bread* slice (G)

PASTA STATION

Pasta & Sauce
Mixed *pasta*. (V) (G) Tomato hidden sauce
Optional *cheese* (M) topping.

SIGNATURE STREET

Byriani Folded Naan
Chicken tikka, onion, mixed peppers, tomato, spinach, coconut milk byriani cooked with 50/50 rice & peas served in a folded *naan* (G)

Ciabatta
Garlic *Ciabatta* (V) (G) tomato/bbq sauce, mozzarella *cheese* (M) sweetcorn/peppers option.

Fish & Chip Tray
Oven baked Surecrisp chips, *battered fish* (G) (F) (pollock), served with a choice of sauces (katsu /tomato/*mayo* (E) or baked beans/peas.

TUESDAY

MAIN

Cottage/Shepherd's
RT minced beef/lamb, (GF gravy), onions, peas,carrots,tomato, topped with lactose free mash potato. *Cheese* (M) & Onion Mashed pot, cheese mix & onion baked. (V)

PASTA STATION

Pasta & Sauce
Mixed *pasta*. (V) (G)
Tomato hidden sauce Optional *cheese* (M) topping.

SIGNATURE STREET

Loaded Jackets
Oven baked *cheese* (M) jacket potato, served with a choice of beef/*quorn* (V) (E) chilli, baked beans/*coleslaw* (E)/*tuna mayo* (E) (F)

Sweet & Sour Chicken
Chicken in Sweet & sour sauce, sweetcorn & peppers served with 50/50 rice & peas/ boiled *noodles* (G) (E)

Sweet Chilli wrap
Chargrilled chicken, shredded lettuce, cucumber, sweet chilli *mayo* (E) in a *tortilla wrap* (G).

WEDNESDAY

MAIN

Katsu Curry & Rice
Sliced *Epic* (G),/Sliced *Quorn* (V) (G) Katsu curry sauce, 50/50 rice & peas.

PASTA STATION

Pasta & Sauce
Mixed *pasta*. (V) (G)
Tomato hidden sauce Optional *cheese* (M) topping.

SIGNATURE STREET

Dinner Wrap
Chicken stew (carrot,swede,parsnip, onion,new potato, gravy) served in a *yorkshire pudding* wrap (G) (M) (E).

Epic Burger
Oven baked southern coated chicken *burger* (G) served on 4" *bap* (G) (M/C) with reduced fat *mayo* (E) and shredded lettuce.

Brekkie Baguette
Sausage (G) (S) SULPHITES, bacon & hashbrown/*Omlete* (E), hashbrown & baked beans served in freshly baked *baguette* (G) (M/C).

THURSDAY

MAIN

Toad In the Hole/ Quorn Fillet
Homemade *Toad in the hole* (E) (G) (M) containing school compliant *sausage* (G) (S) SULPHITES, *Quorn fillet* (V) (G) served with lactose free mash potato/steamed potato & gravy.

PASTA STATION

Pasta & Sauce
Mixed *pasta*. (V) (G)
Tomato hidden sauce Optional *cheese* (M) topping.

SIGNATURE STREET

Pulled Pork Wrap
BBQ pulled pork with peppers,onion, shredded cabbage served in a *tortilla wrap* (G).

Chicken Meat Tray
Mediteranean chicken served on sweet potato oven baked fries and sweetcorn/salad.

Noodle Bar
Beef strips cooked with peppers,garlic,onion, piri piri & honey/Sweet & sour (V) carrot,onion, cabbage,sweetcorn, peppers, beansprouts served with *noodles* (G) (E).

FRIDAY

MAIN

Chicago Town Pizza & Wedges
Freshly baked Chicago stuffed crust pepperoni *pizza* (G) (M)/Freshly baked Chicago stuffed crust 4 *cheese* pizza (V) (G) (M), sevred with oven baked wedges (G),vegetables/salad/baked beans.

PASTA STATION

Pasta & Sauce
Mixed *pasta*. (V) (G)
Tomato hidden sauce Optional *cheese* (M) topping.

SIGNATURE STREET

Chilli Burrito
Beef/*Quorn* (V) (E) chilli peppers,tomato,red kidney bean,onion,garlic) cooked with 50/50 rice, served in a *tortilla wrap* (G).

Tomato Pasta Bake
Mix wholemeal 3 coloured & plain pasta. Mix wholemeal, 3 coloured & plain *pasta* (V) (G). Tomato hidden sauce.

Pizza Slab
Wholemeal *pizza* base (G) (M) covered in tomato hidden sauce topped with mozzarella *cheese* (V) (M) and or pepperoni & ham slices.

(G) GLUTEN - (M) MILK - (E) EGG - (F) FISH - (S) SOYA - (M/C) SESAME