

Evelyn Grace Academy
Lunch Menu
Week 1

Feb 2017	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Mushroom and thyme Apple Bread	Roasted Red Pepper & Tomato Olive Bread	English Onion Rustic Bread	Pumpkin and Ginger	Chunky Squash and Chick Pea Tomato
Freshly Baked Bread				Cracked Black Pepper	
Main Choice of the Day	Beef Rogan Josh	Chicken Fajita	Roast Beef with Yorkshire & Gravy	BBQ Chicken	Breaded Fish Fillet
Second Choice	Chicken Korma	Sweet and Sour Fish Balls	Macaroni Cheese	Jamaican Vegetable Patties	Falafel Wrap
Vegetarian Option	Chick Pea with Spinach and Butternut Squash	Vegetable Chow Mein	Baked Garlic and Herb Mushroom	Sweet Potato and Pineapple Bhuna	Pepper, Feta & Paprika Frittata
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Carbohydrates	Steamed Basmati Rice	Baked Potato Wedges	Roast Potatoes	Spicy Rice	Chunky Chips
Vegetables	Medley of Fresh vegetables	Mixed Mediterranean Vegetables	Braised Cabbage and Carrots	Sweet Corn & Peppers	Garden Peas
Cold Choice	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches
Jacket Potato/Pasta Selection	Beef Bolognese / Tuna Baked Beans/ Cheese	Chilli con Carne / Tuna Baked Beans/ Cheese	Chicken Tikka / Tuna Baked Beans/ Cheese	Beef Chilli/ Tuna Baked Beans/ Cheese	Beef Bolognese / Tuna Baked Beans/ Cheese
Dessert of the Day	Summer Fruits Crumble served with Custard Sauce	Bakewell Tart served with Custard Sauce	Chocolate Sponge with Chocolate Sauce	Pineapple & Carrot Cake	Citrus Shortbread with Raspberry Ripple Ice Cream
Selection of Desserts	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt

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Week 2

Feb 2017	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Sweet Corn Chowder	Red Lentil	Roasted Sweet potato & Carrot	Leek and Potato	Tomato & Basil
Freshly Baked Bread	Thyme	Parsley	Oatey Bread	Cheddar	Wholemeal Baguette
Main Choice of the Day	Spanish Spicy chicken	Lamb Meatballs	Tex Mex Lasagne	Jerk Chicken	Chicken Goujons
Second Choice	Mediterranean Veg & Bean Fajita	Piri-Piri Chicken	Prawn and Vegetable Spring Roll	Fried Dumpling & Salt Fish	Breaded Fish
Vegetarian Option	Roasted Sweet Potato and Spinach Roulade	African Bean Stew	Vegetable Goulash	Ital Stew	Vegetable Lasagne
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Carbohydrates	Baked Potato wedges	Steamed Basmati Rice Spaghetti	New Potatoes in Garlic and Herbs	Rice and Peas	Chunky Chips
Vegetables	Carrot and Green Beans	Fresh Vegetable Medley	Carrots & Courgettes	Braised Cabbage	Garden Peas with Sweetcorn
Cold Choice	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches
Jacket Potato/Pasta Selection	Chicken and Tomato / Tuna Baked Beans/ Cheese	Beef Bolognese / Tuna Baked Beans/ Cheese	Chicken Tikka / Tuna Baked Beans/ Cheese	Beef Chilli/ Tuna Baked Beans/ Cheese	Beef Bolognese / Tuna Baked Beans/ Cheese
Desserts of the Day	Blueberry and Lemon Drizzle Cake with Chantilly Cream	Pineapple Upside Down Cake with custard	Baked Summer Fruit Cheesecake	Canadian Ginger Cake served with Custard	Oatey Cookies
Selection of Desserts	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt

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Lunch Menu

Week 3

Feb 2017	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Courgette Soup with Parmesan & chilli Flakes	Sweet Potato and Chilli	Minestrone	Sweetcorn and Noodles	Tomato
Freshly Baked Bread	Garlic and Rosemary Focaccia	Corn Bread	Red Onion	Spring Onion	Courgette
Main Choice of the Day	Baked Chicken Sausages with Caramelised Onions	Sticky Chilli Chicken	Caribbean Mutton Curry	Seasoned Roast Chicken	Beef Burger with Slaw
Second Choice	Cajun Fried Tilapia	Salmon Sweet Potato & Butternut Parcel	Sweet & Sour Chicken	Linguine with Pesto and Parmesan	Breaded Fish
Vegetarian Option	Portuguese vegetable stew	Oriental Stir Fry	Courgette & Potato Bake with Mint & Feta	Wild Mushroom Tartlets	Cheese & Onion Pinwheel
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Carbohydrates	Mash Potato	Steamed Basmati Rice	Pilaf Rice	Roasted Potatoes	Chunky Chips
Vegetables	Citrus Carrots with Mange Tout	Fine Green Beans	Fresh Broccoli and Cauliflower	Roasted Butternut Squash with Kale	Garden Salad
Cold Choice	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches	Freshly Prepared Baguettes/Sandwiches
Jacket Potato/Pasta Selection	Beef Bolognaise / Tuna BBQ Baked Beans/ Cheese	Chilli Con Carne / Tuna Baked Beans/ Cheese	Beef Bolognaise / Tuna Baked Beans/ Cheese	Chilli con Carne / Tuna Baked Beans/ Cheese	Chicken Tikka / Tuna Baked Beans/ Cheese
Desserts of the Day	Chocolate Sponge served with Chocolate Sauce	Pineapple Chiffon Cake	Traditional Apple Pie served with Custard Sauce	Jam & Coconut Sponge served with Custard Sauce	Assorted Muffins
Selection of Desserts	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt	Fresh Fruit Pots Fresh Fruit Salad Fruit Jelly Fruit Yoghurt