

The Rackham Kitchen Menu



Week 1:

Dates: week commencing 28/11, 18/12

	MEAT-FREE MONDAY	FRUITY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	Mrs P's popular handmade cheese and tomato pizza with potato wedges	*New Rackham's all-day breakfast (sausage, bacon, hash browns and beans)	Chicken burger served with diced potatoes	Roast Beef, Yorkshire pudding, roast potatoes and gravy	Fishfingers and Oven Chips
Meat-free main	Vegetable Nuggets and Wedges	Freshly made vegetable lasagne	Handmade veggie shepherd's pie	Quorn fillet with roast potatoes	Cheese and onion roll and oven chips
Vegetables	Sweetcorn Beans	Peas Mushrooms	Mixed Veg Sweetcorn	Carrots Broccoli	Baked Beans Peas
Dessert	Blueberry cake	Fresh fruit selection	Apple crumble and custard	Chocolate Krispy	Banana muffin
Packed lunch option available daily	Sandwich with a savoury item, fruit and the daily dessert on the menu Choose from white or wholemeal bread with the following fillings: Cheese, Jam or Egg mayo	Sandwich with a savoury item, fruit and the daily dessert on the menu Choose from white or wholemeal bread with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo	Wrap with a savoury item, fruit and the daily dessert on the menu Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo Wrap	Roll with a savoury item, fruit and the daily dessert on the menu Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo Roll	Sandwich with a savoury item, fruit and the daily dessert on the menu Choose from white or wholemeal bread with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo

The salad bar is back – Items include cucumber, fruit, pasta, tomatoes, peppers, lettuce and freshly baked bread (selection will vary daily depending on availability).

Desserts – Yogurts will also be available daily as an alternative option along with suitable vegan substitutes

The Rackham Kitchen Menu



Week 2:

Dates: week commencing 5/12

	MEAT-FREE MONDAY	FRUITY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	<i>*New</i> Build your own tacos – flavoured Quorn mince with salad, cheese and salsa served with rice	Sausages and mashed potato	<i>*New</i> Chicken salad wraps with wedges	Roast turkey, yorkshire pudding, roast potatoes and gravy	Breaded salmon fishcake and Oven Chips
Meat-free main	Freshly made tomato and basil pasta bake	Quorn sausages and mashed potato	Veggie meatballs and wedges	Cauliflower cheese with roast potatoes	Jacket potato served with cheese or beans
Vegetables	Sweetcorn Peas	Carrots Mixed vegetables	Green beans Sweetcorn	Carrots Cabbage	Baked Beans Peas
Dessert	Lemon drizzle cake	Fresh fruit selection	Jam sponge and custard	Chocolate brownie	Shortbread
Packed lunch option available daily	Sandwich with a savoury item, fruit and the daily dessert on the menu Choose from white or wholemeal bread with the following fillings: Cheese, Jam or Egg mayo	Roll with a savoury item, fruit and the daily dessert on the menu Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo Roll	Sandwich with a savoury item, fruit and the daily dessert on the menu Choose from white or wholemeal bread with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo	Wrap with a savoury item, fruit and the daily dessert on the menu Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo Wrap	Sandwich with a savoury item, fruit and the daily dessert on the menu Choose from white or wholemeal bread with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo

The salad bar is back – Items include cucumber, fruit, pasta, tomatoes, peppers, lettuce and freshly baked bread

(selection will vary daily depending on availability).

Desserts – Yogurts will also be available daily as an alternative option along with suitable vegan substitutes

The Rackham Kitchen Menu



Week 3:

Dates: week commencing 11/12

	MEAT-FREE MONDAY	FRUITY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	Mrs K's famous handmade mac and cheese	Hot dog and oven chips	<i>*New</i> Freshly prepared mild chicken curry served with rice	Roast chicken, yorkshire pudding, roast potatoes and gravy	Fishfingers and potato wedges
Meat-free main	Jacket potato served with cheese or beans	Quorn dog and oven chips	Mrs P's popular handmade cheese and tomato pizza with pasta	Vegetable nuggets with roast potatoes	Quorn dippers and potato wedges
Vegetables	Baked beans Peas	Sweetcorn Mixed vegetables	Broccoli Green beans	Carrots Cauliflower	Baked Beans Peas
Dessert	Sticky toffee pudding and custard	Fresh fruit selection	Strawberry mousse with a shortbread biscuit	Frozen yogurt ice cream	Coconut or Cherry Flapjack
Packed lunch option available daily	Sandwich with a savoury item, fruit and the daily dessert on the menu Choose from white or wholemeal bread with the following fillings: Cheese, Jam or Egg mayo	Sandwich with a savoury item, fruit and the daily dessert on the menu Choose from white or wholemeal bread with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo	Roll with a savoury item, fruit and the daily dessert on the menu Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo Roll	Wrap with a savoury item, fruit and the daily dessert on the menu Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo wrap	Sandwich with a savoury item, fruit and the daily dessert on the menu Choose from white or wholemeal bread with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo

The salad bar is back – Items include cucumber, fruit, pasta, tomatoes, peppers, lettuce and freshly baked bread (selection will vary daily depending on availability).

Desserts – Yogurts will also be available daily as an alternative option along with suitable vegan substitutes