

The Rackham Kitchen Menu



Week 1:

Dates: week commencing 20/2, 13/03, 03/04, 24/04, 15/05, 05/06, 26/06, 17/07

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	<i>*Pupil favourite</i> Mrs P's popular handmade cheese and tomato pizza with oven chips	Sausages served with mashed potato	<i>*New (pupil suggestion)</i> Pasta Bolognese	<i>*Pupil favourite</i> Roast Chicken, Yorkshire pudding, roast potatoes and gravy	Fishfingers and potato wedges
Meat-free main	Veggie Tacos – taco filled with mildly seasoned quorn mince served with rice	Vegetable nuggets	Jacket potatoes with cheese	Vegetarian shepherd's pie	Quorn dippers
Vegetables	Mixed veg Baked beans	Peas Carrots	Broccoli Sweetcorn	Carrots Cauliflower	Baked Beans Peas
Dessert	Jam sponge and custard	Apple Crumble and custard	Fruit jellies	Chocolate Krispy Cake	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	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

Salad bar– 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: 27/02, 20/03, 10/04, 01/05, 22/05, 12/06, 03/07

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	Mrs K's famous handmade mac and cheese	Chicken burger served with diced potatoes	<i>*Pupil favourite</i> Rackham's all-day breakfast (sausage, bacon, potato waffles and beans)	Roast turkey, yorkshire pudding, roast potatoes and gravy	Breaded fish and Oven Chips
Meat-free main	Southern style quorn burger served with pasta	Vegetable nuggets	Jacket potatoes and cheese	Quorn meatballs in a tomato sauce	Tomato and herb pasta bake
Vegetables	Broccoli Baked beans	Carrots Mixed vegetables	Baked beans Peas	Carrots Green beans	Sweetcorn Peas
Dessert	Shortbread	Sticky toffee pudding	<i>*New (pupil suggestion)</i> Fruit trifle	Chocolate muffins	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	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

The Rackham Kitchen Menu



Week 3:

Dates: week commencing: 06/03, 27/03, 17/04, 08/05, 29/05, 19/06, 10/07

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	<i>*Pupil favourite</i> Mrs P's popular handmade cheese and tomato pizza with potato wedges	Hot dog and diced potatoes	<i>*New</i> Beef meatballs served with spaghetti	<i>*Pupil favourite</i> Roast chicken, yorkshire pudding, roast potatoes and gravy	Fishfingers and oven chips
Meat-free main	<i>*New</i> Vegetable korma served with rice	Quorn dog and diced potatoes	<i>*New</i> Vegetarian Bolognese served with spaghetti	Cauliflower cheese	Cheese and onion rolls served with oven chips
Vegetables	Baked beans Sweetcorn	Peas <i>*New</i> Rainbow slaw	Broccoli Sweetcorn	Carrots Mixed vegetables	Baked Beans Peas
Dessert	Lemon drizzle cake	Fruit jellies	<i>*New</i> Chocolate orange sponge and chocolate custard	Frozen yogurt ice cream	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	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

Salad Bar – 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