

# The Rackham Kitchen Menu



Week 1:

Dates: week commencing 26/02, 18/03, 29/04, 20/05, 10/06, and 01/07

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
<b>Main – meat (except meat-free Mondays)</b>	<i>*New*</i> Meat free sausage pasta bake	<i>*New*</i> <i>*Pupil suggestion*</i> Chicken nuggets with mini waffles	<i>*Pupil favourite*</i> Hot dog with oven chips	<i>*Pupil favourite*</i> Roast turkey with Yorkshire pudding and roast potatoes	<i>*New*</i> Breaded fish fillet with mashed potato
<b>Meat-free main</b>	Veggie shepherd's pie	<i>*New*</i> Cheese and onion quiche	Quorn dog	<i>*New*</i> Vegetable savoury rice	Tomato and herb pasta
<b>Vegetables</b>	Broccoli or sweetcorn	Baked beans or mixed veg	Peas	Carrots	Baked beans or mixed veg
<b>Dessert</b>	Jam sponge and custard	Biscuit	<i>*New*</i> Banana muffin	Chocolate krispies	<i>*Pupil favourite*</i> Arctic roll
<b>Packed lunch option available daily</b>	Sandwich with a savoury item, fruit and the daily dessert on the menu  Choose from white or wholemeal bread with the following fillings: Cheese, Marmite 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	<b>Wrap</b> with a savoury item, fruit and the daily dessert on the menu  Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo	<b>Roll</b> with a savoury item, fruit and the daily dessert on the menu  Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna 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

Salad bar– Items include cucumber, pasta, tomatoes, peppers, lettuce and freshly baked bread

(selection will vary daily depending on availability).

Desserts – Yoghurts and fresh fruit will also be available daily as an alternative option along with suitable vegan substitutes.

# The Rackham Kitchen Menu



**Week 2:**

Dates: week commencing: 04/03, 25/03, 15/04, 06/05, 27/05, 17/06, and 08/07

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
<b>Main – meat (except meat-free Mondays)</b>	<i>*Pupil favourite*</i> Cheese and tomato pizza with pasta	<i>*New*</i> <i>*Pupil suggestion*</i> Pasta carbonara	<i>*New*</i> <i>*Pupil suggestion*</i> Beef burger with oven chips	<i>*Pupil favourite*</i> Roast chicken with Yorkshire pudding and roast potatoes	Fish fingers with potato wedges
<b>Meat-free main</b>	Vegetable nuggets	Jacket potato	Macaroni cheese	Quorn fillet	<i>*New*</i> Veggie fishless fingers
<b>Vegetables</b>	Baked beans	Sweetcorn or mixed veg	Peas	Carrots	Baked beans or sweetcorn
<b>Dessert</b>	Apple crumble and custard	Lemon muffins	<i>*New*</i> <i>*Pupil suggestion*</i> Cheesecake	<i>*Pupil favourite*</i> Chocolate brownies	Fruity flapjacks
<b>Packed lunch option available daily</b>	Sandwich with a savoury item, fruit and the daily dessert on the menu  Choose from white or wholemeal bread with the following fillings: Cheese, Marmite 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	<b>Wrap</b> with a savoury item, fruit and the daily dessert on the menu  Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo	<b>Roll</b> with a savoury item, fruit and the daily dessert on the menu  Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna 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

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

**(selection will vary daily depending on availability).**

**Desserts – Yoghurts and fresh fruit will also be available daily as an alternative option along with suitable vegan substitutes.**

# The Rackham Kitchen Menu



Week 3:

Dates: week commencing: 11/03, 22/04, 13/05, 03/06, 24/06 and 15/07

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
<b>Main – meat (except meat-free Mondays)</b>	<i>*Pupil favourite*</i> Cheese and tomato pizza with pasta	<i>*New*</i> <i>*Pupil suggestion*</i> Beef meatballs with pasta	<i>*Pupil favourite*</i> Chicken burger with potato wedges	<i>*Pupil favourite*</i> Roast chicken with Yorkshire pudding and roast potatoes	Fish fingers with oven chips
<b>Meat-free main</b>	Veggie Bolognese	Vegetable burger	<i>*New*</i> Cheese and potato pie	Cauliflower cheese	Quorn dippers
<b>Vegetables</b>	Sweetcorn	Carrots or peas	Mixed veg or baked beans	Carrots	Sweetcorn
<b>Dessert</b>	<i>*New*</i> <i>*Pupil suggestion*</i> Chocolate sponge with chocolate custard	Jelly	<i>*Pupil favourite*</i> Sticky toffee pudding and custard	<i>*New*</i> <i>*Pupil suggestion*</i> Mini doughnuts	<i>*New*</i> Fruity oat cookie
<b>Packed lunch option available daily</b>	Sandwich with a savoury item, fruit and the daily dessert on the menu  Choose from white or wholemeal bread with the following fillings: Cheese, Marmite 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	<b>Wrap</b> with a savoury item, fruit and the daily dessert on the menu  Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna mayo	<b>Roll</b> with a savoury item, fruit and the daily dessert on the menu  Choose with the following fillings: Ham, Cheese, Egg mayo or Tuna 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

**Salad Bar – Items include cucumber, pasta, tomatoes, peppers, lettuce and freshly baked bread**

**(selection will vary daily depending on availability).**

**Desserts – Yoghurts and fresh fruit will also be available daily as an alternative option along with suitable vegan substitutes.**