

# The Rackham Kitchen Menu



**Week 1:**

Dates week commencing: 24/02, 17/03, 28/04, 19/05, 09/06, 30/06, 21/07

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
<b>Main – meat (except meat-free Mondays)</b>	*New* Veggie Toad in the hole with mashed potatoes	*New* Beef moussaka	*New* Hot sausage baguette with diced potatoes	Roast Chicken, Yorkshire pudding and roast potatoes	Fish fingers with oven chips
<b>Meat-free main</b>	Vegetable nuggets	Cheese and tomato pizza	*New* Veggie meatball baguette	Cauliflower cheese	*New* Fishless fingers
<b>Vegetables</b>	Carrots	Broccoli	Sweetcorn	Carrots	Baked beans or peas
<b>Dessert</b>	Apple crumble and custard	Shortbread	Chocolate Krispies	*New* Jammy muffins	Banana muffins
<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	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	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	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: 03/03, 24/03, 05/05, 16/06, 07/07

	<b>MEAT-FREE MONDAY</b>	<b>TASTY TUESDAY</b>	<b>WICKED WEDNESDAY</b>	<b>TRADITIONAL ROAST THURSDAY</b>	<b>FISHY FRIDAY</b>
<b>Main – meat (except meat-free Mondays)</b>	*New* Veggie breakfast – Quorn sausage, hash browns	*New* Breaded chicken with mashed potato	*New* Beef lasagne	*New* Gammon roast, Yorkshire pudding and roast potatoes	*New* Fishcakes with oven chips
<b>Meat-free main</b>	Cheese and onion roll	*New* Creamy wholemeal pasta with Quorn	Jacket potato with cheese	*New* Herby plant based sausages	Macaroni cheese
<b>Vegetables</b>	Baked beans or tomato	Mixed veg or broccoli	Sweetcorn or beans	Carrots	Peas
<b>Dessert</b>	*New* Ginger biscuit	*New* Carrot cake	Fruity flapjacks	Brownies	Lemon muffins
<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	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	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	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: 10/03, 31/03, 21/04, 12/05, 02/06, 23/06, 14/07

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
<b>Main – meat (except meat-free Mondays)</b>	Cheese and tomato pizza	*New* Chicken korma with rice	Sausages and mash	Roast chicken, Yorkshire pudding, and roast potatoes	Fish fingers and mini waffles
<b>Meat-free main</b>	Tomato and herb pasta	Jacket potatoes with cheese	*New* Spinach and chickpea curry	*New* Cheese and onion quiche	*New* Mini spring rolls
<b>Vegetables</b>	Peas or sweetcorn	Broccoli or beans	Carrots	Mixed veg	Baked beans or peas
<b>Dessert</b>	*New* Toffee apple crumble and custard	Chocolate muffins	Fruit jellies	Ice cream	Coconut flapjack
<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	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	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	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.**