

# The Rackham Kitchen Menu



**Week 1:**

Dates week commencing: 23/02, 16/03, 27/04, 18/05, 08/06, 29/6

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
<b>Main – meat (except meat-free Mondays)</b>	Homemade cheese and tomato pizza	*School Council Request* Beef tacos and cheese	*New* Chicken supreme with rice	Sausage with Yorkshire pudding and roast potatoes	Fish fingers with oven chips
<b>Meat-free main</b>	Vegetable fingers	*New* Broccoli quiche	Vegetable lasagne	Cauliflower cheese	Tomato and herb pasta
<b>Vegetables</b>	Sweetcorn or baked beans	Salad	Broccoli	Carrots	Peas
<b>Dessert</b>	Apple crumble and custard	Shortbread	Lemon drizzle muffins	Ice cream	*New* Chocolate cornflake krispies
<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, Egg mayo or no filling, just margarine.	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, Tuna mayo or no filling, just margarine.	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, Tuna mayo or no filling, just margarine.	Wrap with a savoury item, fruit and the daily dessert on the menu  Chose from following fillings: Ham, Cheese, Egg mayo or Tuna mayo or white bread with no filling just margarine.	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, Tuna mayo or no filling, just margarine.

**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: 02/03, 23/03, 13/04, 04/05, 15/06, 06/07

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
<b>Main – meat (except meat-free Mondays)</b>	*New* Ratatouille pasta	*School Council Request* Hot dog with diced potatoes	*New* Chicken and vegetable risotto	Roast chicken with Yorkshire pudding and roast potatoes	*New* Bubble coated fish fillet with oven chips
<b>Meat-free main</b>	Cheese and onion roll	Quorn dog	Jacket potato with cheese	Quorn fillet	Macaroni cheese
<b>Vegetables</b>	Cauliflower or broccoli	Peas	Baked or green beans	Mixed veg	Baked beans or sweetcorn
<b>Dessert</b>	Jam sponge and custard	*New* Fruitcake	*New* Trifle	Chocolate krispies	Jelly
<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, Egg mayo or no filling, just margarine.	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, Tuna mayo or no filling, just margarine.	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, Tuna mayo or no filling, just margarine.	Wrap with a savoury item, fruit and the daily dessert on the menu  Choose from the following fillings: Ham, Cheese, Egg mayo or Tuna mayo or white bread with no filling just margarine.	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, Tuna mayo or no filling, just margarine.

**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: 09/03, 20/04, 11/05, 01/06, 22/06, 13/07

	<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 toad in the hole with mashed potato	*School Council Request* Chicken burger with diced potatoes	*New* Beef lasagne	Roast chicken, Yorkshire pudding, and roast potatoes	Fish fingers with hash browns
<b>Meat-free main</b>	Tomato and herb pasta	Veggie burger	Herby vegetarian sausages and mashed potato	*New* Cheese and potato pie	Jacket potato with cheese
<b>Vegetables</b>	Broccoli	Green beans	Sweetcorn	Carrots	Peas or baked beans
<b>Dessert</b>	Fruit shortbread	*New* Chocolate sponge and chocolate custard	*School Council Request* Cheesecake	Fruity flapjack	*New* Apple sponge and custard
<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, Egg mayo or no filling, just margarine.	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, Tuna mayo or no filling, just margarine.	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, Tuna mayo or no filling, just margarine.	Wrap with a savoury item, fruit and the daily dessert on the menu  Choose from the following fillings: Ham, Cheese, Egg mayo or Tuna mayo or white bread with no filling just margarine.	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, Tuna mayo or no filling, just margarine.

**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.**