

The Rackham Kitchen Menu



Week 1:

Dates: week commencing 04/09, 25/09, 16/10, 06/11, 27/11, 08/01, 29/01

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	<i>*Pupil suggestion*</i> Cheesy pasta	<i>*Pupil favourite*</i> Sausage roll with diced potatoes	Chicken burger with oven chips	Roast Turkey, Yorkshire pudding, roast potatoes and gravy	Fish fingers and potato wedges
Meat-free main	Quorn sausage with pasta	Vegetable nuggets	Vegetarian Shepherds pie	<i>*New*</i> Broccoli and tomato quiche	Cheese and onion roll
Vegetables	Broccoli Mixed Veg	Carrots	Sweetcorn Peas	Carrots Green beans	Baked beans Sweetcorn
Dessert	Jam sponge and custard	<i>*New*</i> Angel delight	Sticky toffee pudding	<i>*Pupil favourite*</i> Chocolate brownies	Assorted flapjacks
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, Ham 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	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	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 – Yogurts 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: 11/09, 02/10, 13/11, 04/12, 15/01, 05/02

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	<i>*Pupil favourite*</i> Cheese and tomato pizza with pasta	<i>*Pupil suggestion*</i> Toad in the hole with mashed potato	<i>*New*</i> Beef lasagne with garlic bread	Roast chicken, Yorkshire pudding, roast potatoes and gravy	Fish fingers with oven chips
Meat-free main	Quorn dippers with pasta	Cheese and vegetable bake	Jacket potato with cheese	Meat free sausages	Vegetarian Bolognese
Vegetables	Baked beans Sweetcorn	Broccoli Peas	Sweetcorn Baked beans	Carrots Peas	Mixed veg
Dessert	Blueberry muffins	Apple crumble and custard	Biscuit	<i>*New*</i> Arctic roll	<i>*New*</i> Rice pudding
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	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	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 – Yogurts 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: 18/09, 09/10, 30/10, 20/11, 11/12, 22/01, 12/02

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	<i>*Pupil favourite*</i> Cheese and tomato pizza with pasta	<i>*Pupil suggestion*</i> Chicken wraps with savoury rice	Hot dog with oven chips	Roast chicken, Yorkshire pudding, roast potatoes and gravy	Fish fingers with waffles
Meat-free main	Vegetable curry and rice	Jacket potato with cheese	Quorn dog	Cauliflower cheese	Tomato and herb pasta
Vegetables	Sweetcorn	Peas	Baked beans Mixed veg	Carrots Cauliflower	Baked beans Peas
Dessert	Lemon drizzle cake	Jelly	Fresh fruit or yoghurt	Chocolate krispies	<i>*New*</i> Syrup sponge pudding
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	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	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 – Yogurts and fresh fruit will also be available daily as an alternative option along with suitable vegan substitutes.