

The Rackham Kitchen Menu



Week 1:

Dates week commencing: 02/09, 23/09, 14/10, 04/11, 25/11, 16/12, 06/01 and 27/01

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	Macaroni cheese	Chicken burgers with wedges	*New* Cottage pie	Roast chicken with Yorkshire pudding and roast potatoes	Fish fingers with oven chips
Meat-free main	Veggie shepherds pie	*New* Bean chilli with rice	Jacket potato with cheese and beans	Quorn fillet	Tomato and herb pasta
Vegetables	Peas or carrots	Sweetcorn	Cauliflower or broccoli	Carrots	Baked beans or sweetcorn
Dessert	Jam sponge and custard	Sticky toffee pudding and custard	*New* Chocolate orange muffins	*New* Frozen yoghurt ice cream	Fruity 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, 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	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 – 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: 09/09, 30/09, 21/10, 11/11, 02/12, 13/01, and 03/02

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	Homemade cheese and tomato pizza	*New* BBQ chicken with rice	*New* Beef Bolognese bake	*New* Sausage roast with Yorkshire puddings and roast potatoes	Fish fingers with mini waffles
Meat-free main	Broccoli and tomato quiche	Cheese and onion roll	Vegetable nuggets with pasta	Meat free sausages	Quorn dippers
Vegetables	Mixed veg	Peas or sweetcorn	Broccoli	Carrots	Baked beans or peas
Dessert	Apple crumble and custard	Lemon muffins	Fresh fruit or yoghurt	Chocolate brownies	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, 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	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 – 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: 16/09, 07/10, 18/11, 09/12, 20/01, and 10/02

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	*New* Vegetable Bolognese bake	Hot dogs with oven chips	*New* Beef and vegetable pie with mashed potato	Roast chicken with Yorkshire pudding and roast potatoes	*New* Tuna pasta bake
Meat-free main	Jacket potato with cheese	Quorn dog	Tomato pasta	Cauliflower cheese	Cheese and tomato pizza
Vegetables	Bakes beans or green beans	Sweetcorn	Broccoli	Carrots	Peas or sweetcorn
Dessert	*New* Ginger sponge and custard	Jelly	Blueberry muffins	Chocolate krispies	Fruity oat cookies
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, 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	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 – Yoghurts and fresh fruit will also be available daily as an alternative option along with suitable vegan substitutes.