

The Rackham Kitchen Menu



Week 1:

Dates week commencing: 01/09, 22/09, 13/10, 03/11, 24/11, 15/12, 05/01, 26/01

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	Homemade cheese and tomato pizza	*New* Chilli con Carne and rice	*New* Homemade sausage rolls with diced potatoes	Roast Chicken, Yorkshire pudding and roast potatoes	Fish fingers with hash browns
Meat-free main	Vegetable nuggets	Jacket potato	*New* Vegan sausage roll	Quorn Fillet	*New* Vegetable lasagne
Vegetables	Sweetcorn	Beans or peas	Carrots or beans	Mixed veg	Peas
Dessert	*New* Ginger sponge and custard	Shortbread	Apple crumble and custard	Brownies	Banana muffins
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	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: 08/09, 29/09, 20/10, 10/11, 01/12, 12/01, 02/02

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	Tomato and herb pasta	*New* Cottage Pie	*New* Breaded chicken wrap with diced potatoes	Sausage with Yorkshire pudding and roast potatoes	Fish fingers with oven chips
Meat-free main	*New* Vegetable fingers	Homemade cheese and tomato pizza	*New* Falafel wraps	Cauliflower cheese	*New* Vegetable and spinach pakoras
Vegetables	Cauliflower	Broccoli or beans	Salad or sweetcorn	Carrots	Beans or peas
Dessert	Blueberry muffins	Jellies	*New* Pineapple upside down cake	Ice cream	Fruity flapjack
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	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).

The Rackham Kitchen Menu

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: 15/09, 06/10, 17/11, 08/12, 19/01, 09/02

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	*New* Veggie shepherd's pie	*New* Creamy chicken and bacon pasta	*New* Beef meatballs with tomato spaghetti	Roast chicken, Yorkshire pudding, and roast potatoes	*New* Homemade tuna and cheese nuggets
Meat-free main	Jacket potato	*New* Vegetable curry and rice	Macaroni cheese	Veggie herb sausages	*New* Tomato and veg pasta
Vegetables	Beans or broccoli	Sweetcorn	Peas	Carrots	Peas or spaghetti hoops
Dessert	Apple crumble and custard	Sticky toffee pudding	Lemon muffins	Chocolate krispies	Fruit jelly
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	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.