

The Rackham Kitchen Menu



Week 1:

Dates week commencing: 31/8, 21/9, 12/10, 02/11, 23/11, 14/12, 04/01, 25/01

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	*New* Veggie Bolognese bake	Hot dog and oven chips	*New* Lamb shepherd's pie	Roast chicken, with roast potatoes, Yorkshire puddings and gravy	Fish fingers with new potatoes
Meat-free main	Jacket potato with cheese	Quorn dog	Homemade cheese and tomato pizza	Cauliflower cheese	Vegetable fingers
Vegetables	Broccoli or baked beans	Peas	Sweetcorn	Carrots	Baked beans or mixed veg
Dessert	*New* Peach crumble and custard	*New* Apple pie with cream	Jelly	*New* Chocolate brownie	*New* Arctic roll
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, 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.	White roll with a savoury item, fruit and the daily dessert on the menu Chose from following fillings: Ham, Cheese, Egg mayo or 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.

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: 07/09/, 28/09, 19/10, 09/11, 30/11, 11/01, 01/02

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	Homemade cheese and tomato pizza	*New* Spaghetti Bolognese	*New* Chicken wraps with diced potatoes	Sausage roast with roast potatoes, Yorkshire pudding	*New* Fishcakes with oven chips
Meat-free main	*New* Vegetable risotto	*New* Vegetable curry with rice	*New* Cheese and onion lattice	Veggie shepherd's pie	Macaroni cheese
Vegetables	Sweetcorn	Broccoli	Rainbow slaw	Mixed veg	Baked beans or peas
Dessert	Apple crumble and custard	*New* Lemon curd cake	*New* Jammy biscuit	Chocolate krispie cake	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, 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.	White roll 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 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: 14/10, 05/10, 16/11, 07/12, 18/01, 08/02

	MEAT-FREE MONDAY	TASTY TUESDAY	WICKED WEDNESDAY	TRADITIONAL ROAST THURSDAY	FISHY FRIDAY
Main – meat (except meat-free Mondays)	Jacket potato with cheese and salad	*New* Beef meatballs with pasta	*New* Cheesy sausage and spinach pie	Roast chicken, roast potatoes and Yorkshire pudding	Fish fingers with mashed potato
Meat-free main	Veggie burger	*New* Quorn balls	Tomato and herb pasta	*New* Cheese and lentil flan	Veggie sausages
Vegetables	Baked beans	Sweetcorn	Peas	Carrots	Baked beans or green beans
Dessert	*New* Marble cake	*New* Sticky toffee pudding with custard	*New* Blueberry muffin	Chocolate muffin	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, 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.	White roll 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 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.