

Reading Blue Coat School Lunch Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day (v) with freshly made Bread				
Main Meal Choice	Cajun Beef	Tandoori Chicken leg	Roast of the Day	Teriyaki Chicken	Sausage Bap – with Fried Onions, Relish & Gherkins
Main Meal Choice 2	Bacon Steak With Salsa	Mackerel Salad		Shepherd's pie	Battered Cod – Lemon & Tartar sauce
Vegetarian Option	Chunky Vegetable Chilli	Stuffed Spicy Peppers	Arancini	Goats Cheese Tart	Quorn Sausage Bap- with Fried Onions, Relish & Gherkins
Carbohydrate	Rice	Bombay Potatoes	Roast Potatoes	Mash	Chips
Vegetables	Sweet corn	Leeks and Savoy cabbage	Panache	Carrots	Beans
	Courgette	Ratatouille		Green Beans	Peas
Jacket & Pasta Bar	Choice of Jacket Potato or Pasta with a selection of sauces and beans (V)				
Salad Bar	Daily Salad & Protein Options				
Hot Dessert	Chocolate Chip Sponge Chocolate Sauce	Rhubarb and apple crumble served with custard	Pineapple upside down Cake with cream	Strawberry Cheesecake	Creamy rice Pudding
Cold Dessert	Natural Yoghurt with Assorted Toppings Flavoured Jelly				
Seasonal Fruit	Seasonal Fresh Fruit Selection				

If you suffer from a food allergy or intolerance you are advised to consult with the Sodexo Manager or Head Chef.



Reading Blue Coat School Lunch Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day (v) with freshly made Bread				
Main Meal Choice	Beef & Mushroom Pie	Sausage & Mash	Thai Green Curry	Beef Lasagne & Garlic Bread	Turkey Burger – With Relish & Gherkins
Main Meal Choice 2	Chicken Cassoulet	Lemon, Garlic and chilli marinated Pork steak		Sweet & Sour chicken	Battered Cod – Lemon & Tartar sauce
Vegetarian Option	Vegetable Moussaka	Tortellini	Chargrilled Vegetable and mozzarella stack	Vegetable Lasagne & Garlic Bread	Spicy Bean Burger
Carbohydrate	Steamed New Potatoes	Mash	Rice / New Potatoes	Sautéed Potatoes	Chips
Vegetables	Green Bean	Braised Red Cabbage	Sweet corn	Savoy Cabbage	Baked beans
	Courgettes	Parsnips & carrots		Carrots	Peas
Jacket & Pasta Bar	Choice of Jacket Potato or Pasta with a selection of sauces and beans (V)				
Salad Bar	Daily Salad & Protein Options				
Hot Dessert	Carrot Cake	Fruit Pie & Cream	Lemon Cheesecake	Baked Syrup Sponge & Custard	Peach Crumble
Cold Dessert	Natural Yoghurt with Assorted Toppings & Flavoured Jelly				
Seasonal Fruit	Seasonal Fresh Fruit Selection				

If you suffer from a food allergy or intolerance you are advised to consult with the Sodexo Manager or Head Chef.



Reading Blue Coat School Lunch Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day (v) with freshly made Bread				
Main Meal Choice	Chicken & Sweet corn Pie	Beef Bolognese	Pulled BBQ Pork	Chicken Korma	Beef Burger
Main Meal Choice 2	Salmon & Crab Fish Cakes	Piri Piri Chicken		Pork Steak with Herb Crust	Battered Cod
Vegetarian Option	Vegetable Pie	Vegetable Bolognese	Mushroom and Pea Stroganoff	Stilton & Spinach Quiche	Mushroom Ravioli
Carbohydrate	Mash	Roast New Potatoes	Potato Wedges	Rice	Chips
Vegetables	Leeks	Mixed Roast Vegetables	Cajun Coleslaw	Savoy Cabbage Stir-fried Vegetables	Baked Beans
	Carrots	Cauliflower	Sweet Corn		Peas
Jacket & Pasta Bar	Choice of Jacket Potato or Pasta with a selection of sauces and beans (V)				
Salad Bar	Daily Salad & Protein Options				
Hot Dessert	Sticky toffee Pudding with Toffee Sauce	Chocolate Cheesecake	Pear Crumble	Jam Sponge	Eton Mess
Cold Dessert	Natural Yoghurt with Assorted Toppings & Flavoured Jelly				
Seasonal Fruit	Seasonal Fresh Fruit Selection				

If you suffer from a food allergy or intolerance you are advised to consult with the Sodexo Manager or Head Chef.

