

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	Mexican Beef Chilli	Cajun Chicken Thigh	Pulled BBQ Pork Bap	Chicken Tikka	Hot Dog
Main Meal Choice 2	Sweet and sour Pork Steak	Smoked Fishcake with aioli		Smoked Mackerel wrapped in bacon	Battered Fish with Lemon Wedge & Tartar Sauce
Vegetarian Option	Vegetable enchiladas	Wild Mushroom Risotto	Goats Cheese and onion Tart	Vegetable biryani	Char-grilled vegetable stack
Carbohydrate	Rice	Roasted New potatoes	Wedges	Rice	Chips
Vegetables	Green Beans	Ratatouille	Sweet corn Asian Slaw	Broccoli	Baked Beans
	Roasted cauliflower			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	Sticky Toffee Pudding	Trifle	Apple Crumble	Strawberry Cheesecake	American Pancake
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 Bolognese	Sausage & Mash	Roast Chicken	Lamb Masala	Pizza
Main Meal Choice 2	Garlic & Lemon chicken Thighs	Herb Crusted Salmon Fillet		Satay Pork	Batter-crisp Fish with Lemon Wedge & Tartar Sauce
Vegetarian Option	Vegetable Bolognese	Quorn Sausage onion Gravy	Goats Cheese and Spinach Tart	Vegetable Masala	Vegi Pizza
Carbohydrate	Cajun Spiced Wedges	Mash	Roast Potatoes	Cardamom Rice	Chips
Vegetables	Cauliflower cheese	Sweet Corn	Roast Root Vegetables Green Bean	Stir fry vegetables	Peas
	Green Beans	Broccoli			Beans
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	Syrup Sponge	Tiramisu	Banoffee Crumble	Chocolate Cheesecake	Waffles
Cold Dessert	Natural Yoghurt with Assorted Toppings & Flavoured Jelly				
Seasonal Fruit	Seasonal Fresh Fruit Selection				

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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	Beef Lasagne	Lamb Tagine	Beef Curry	Southern Fried Chicken	Burger
Main Meal Choice 2	BBQ Bacon Chop	Chicken Chasseur		Grilled Pork Chop	Batter-crisp fish with Lemon Wedge & Tartar Sauce
Vegetarian Option	Vegetable Quorn Lasagne	Vegetable Tagine	Mushroom ravioli	Vegetable Curry	Falafel Burger
Carbohydrate	Buttered New potatoes	Spiced Israeli Cous Cous	Rice	½ jacket	Chips
Vegetables	Honey Mustard Carrots	Broccoli	Green Beans	Stir fried Vegetable Curried Mixed Beans	Baked Beans
	Steamed Savoy	Garlic Courgettes	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	Chocolate Sponge	Forest Berry Eton Mess	Plum Crumble	Lemon Cheesecake	Rice Pudding
Cold Dessert	Natural Yoghurt with Assorted Toppings & Flavoured Jelly				
Seasonal Fruit	Seasonal Fresh Fruit Selection				

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